

# Whole of Systems Trial of Prevention Strategies for Childhood Obesity: WHO STOPS Childhood Obesity

Welcome to the second partner update of the WHO STOPS Childhood Obesity grant (WHO STOPS). The Chief and Associate Investigators met on 20 April 2018 to receive an update on the project progress to date and identify, discuss and resolve, where necessary, any challenges the operational team is encountering.

This update is designed to be not only a summary of that meeting, but also a snapshot of the WHO STOPS work to date, to ensure all partners are aware of achievements and future steps.

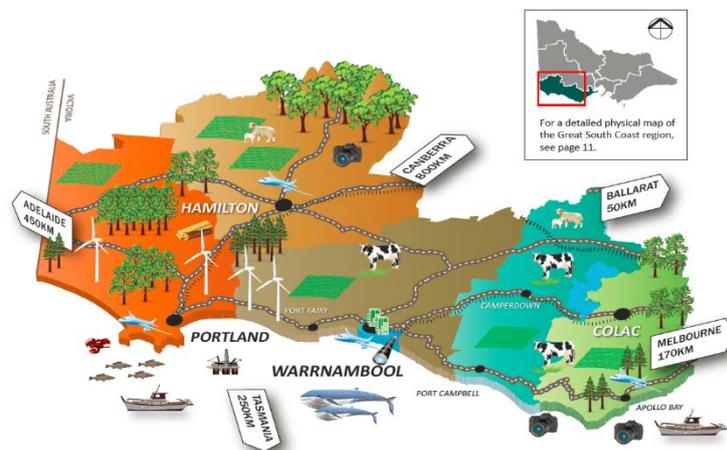
## Summary

The goals of the grant are to;

- *strengthen community action for childhood obesity prevention*
- *measure the impacts of increased action on risk factors for childhood obesity*

We are predicting that *that a systems intervention for childhood obesity will be effective in its impact, efficient in its implementation, scalable in its delivery, and sustainable in its longevity.*

There are 26 partners.



## Implementation – what’s happening in the communities?

### Step 1

- School data sharing to leaders and community in December 2017, and ongoing
- Data sharing led to action planning sessions and further strategic planning
- An increase in community engagement has occurred through social media following the sharing of results and working group have reported that conversations have been "easier"
- One community is planning an "action toolkit" to assist with "bite size" action ideas for community groups
- Many new actions identified by communities since August 2017

### Step 2

- Four GMB#3s to be held in June and July 2018 (following postponement due to fires)
- Further EFT committed to the initiative from the partnerships and existing collaborative
- Logos and names developed: *Colac Otway Choose Change* AND *Choices for Change*

### Step 3

- Have completed the Community Readiness to Change (CRC) survey
- Through conversations between ourselves and community leaders, there appears difference degree of readiness to commence this work
- Commencing engagement and planning process, with GMBs to be held May - September 2019.

Following on from the discussion at the last CI meeting, the Colac map was revised, then worked through with community leaders, prior to the Group Model Building (GMB) #3. The four Corangamite communities have rescheduled their GMB#3s and we are looking forward to facilitating these in June and July.

## How will we know if this is affordable?

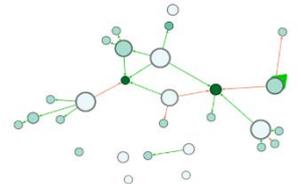
The challenges that WHO STOPS has presented to our stream are being worked through to ensure feasibility both within our team and the communities we are working with. The detailed costings will be limited to four communities – two each of the intervention and control (internal) communities. The intervention communities have been working with us to document the resources used for community actions and any engagement for both planning and actions.

We will now be concentrating on the ongoing monitoring of economic data collection and community actions, within the two intervention communities. There will be development and implementation of other data collection tools as required. Deakin staff and backbone organisation staff are also assisting with time-use surveying.

# Observing changes in social networks

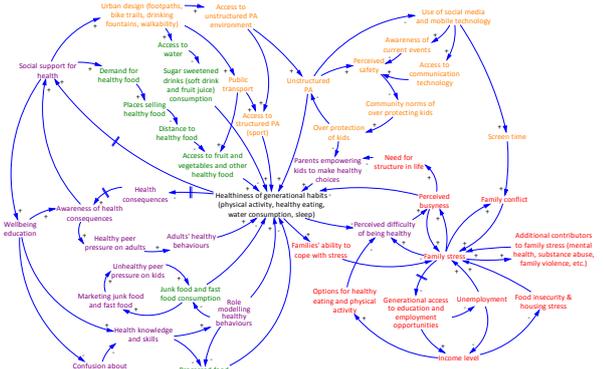
The Social Network Analysis survey across all Step 1 and Step 2 communities is underway, with bi-annual surveys to continue through the duration of the project.

Further questions have been added since the initial Step 2 community leadership social network survey. This includes a barrier type question to be added to all future network surveys, asking participants who is particularly helpful in achieving goals. Further questions were developed and included within the first Step 1 community network surveys regarding action areas within the community's systems map. For example, participants were asked to identify what action areas (if any) they have been working on since GMB3, and whether they are aware of any improvements in these areas. This will allow for further analysis of where the action(s) and collaboration of leaders has been focused in the system.



# Catalysing action – wider than WHO STOPS

There is systems work happening in the WHO STOPS region (Great South Coast) beyond the GMB work. In Portland, GMBs to describe the drivers of alcohol is commencing shortly, and there is a desire there to connect this work with the obesity work to find synergies and efficiencies in addressing common drivers. In Southern Grampians, Andrew Brown has been running GMB sessions with Ebony Jenkins for students at the Southern Grampians Adult Education Inc, (an alternative school for young adults) regarding their perceptions on the drivers of healthy eating and physical activity and how they can contribute to a healthier environment at their school. This will aim to engage a new community population in obesity efforts.



Deakin and Southern Grampians Glenelg PCP continue to explore possibilities in applying simulation modelling, a more advanced form of systems mapping, to support the work happening in the region. The biggest development in the water model, which explores the drivers of water consumption in Portland and tries to identify leverage points to increase water consumption, is that we are finalising the draft paper about that process. There are plans to try build a simulation model that represents the outcomes of WHO STOPS based on a stock and flow diagram built by Peter Hovmand.....exciting times ahead.

# How will we know if we are making a difference?

Since August 2017, we have been reporting the collected school data back into the communities that we collected it from, with a new school report. This has included some reporting back to local government authorities to assist with Municipal Public Health and Wellbeing Plan/planning.

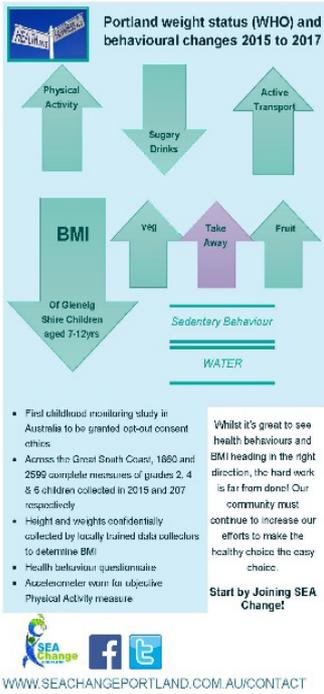
We have been presenting change over time data within the same schools. This has included key behaviours of diet and physical activity and also overweight/obesity.

## Early findings

The step one and step two communities are progressing, at different rates and with different community structures, however some great actions and ideas are being generated.

Some of the work that has occurred in the region since August 2017 includes:

- Local hotel reviewing its full menu, including the children's menu, to align it more closely with healthy eating guidelines and the local initiative
- Measuring engagement within a community – what does this mean, and how is it useful? How do we even do it? One community is carefully considering measuring engagement and working through these and other questions
- Each intervention community considering carefully how to utilize the measurement data as it becomes available and fits with local initiatives – how to share it, when to share it.



The Portland community has worked hard over the past two years making the healthier choice the easier choice, but are we having an impact?

A sustainable and accurate monitoring system with great participation rates

Obesity tracks from childhood into Adulthood. In Australia:

Children 1980	8%	Adults 2017	66%
Children 2017	35-50%	Adults 2020	??%

**The Southern Grampians community has worked hard over the past two years to make the healthier choice the easier choice - and its working! Get on board!**

A sustainable and accurate monitoring system with great participation rates

- First childhood monitoring study in Aus with opt-out consent ethics
- 1860 and 2699 complete measures of grades 2, 4 & 6 children across the Great South Coast collected in 2015 and 2017 respectively
- Height and weights confidentially collected by local data collectors
- Health behaviour questionnaire completed by grades 4 and 6 students
- Accelerometer worn for objective Physical Activity measure

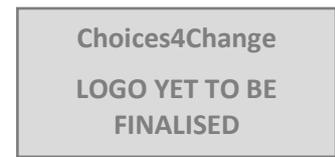
**150+ community actions, big and small, are to thank for signs of success**

**Southern Grampians weight status and behavioural changes 2015 to 2017**

It's great to see health behaviours and BMI heading in the right direction, but the hard work isn't done! Our community must continue to increase efforts to make the healthier choice the easier choice.

**Start by Joining GenR8 Change!** [www.genr8change.com/join](http://www.genr8change.com/join)

## Links and the next twelve months.....



[www.genr8change.com](http://www.genr8change.com)

[www.seachangeportland.com.au](http://www.seachangeportland.com.au)

Note - no websites as yet



**\*\* click the icons to link through to the websites and/or social media**

The next twelve months will be just as busy as the last, with some key data collection, engagement and evaluation to take place, including:

- another round of school/student monitoring to occur in April – June 2019. This will be the third time the school/student data will be collected across the great south coast.
- engagement of the step three communities, including Moyne Shire, Warrnambool City and northern Glenelg Shire local government areas and planning for GMB sessions.
- ongoing evaluation of the data as it is collected, including Community Readiness to Change, school/student monitoring, social network analysis and economic information.

The implementation team looks forward to meeting with the chief and associate investigators again in 2019.

