



**Obesity Action
Scotland**

Healthy weight for all

Introduction to the Whole Systems Approach to Diet and Healthy Weight in Scotland

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15th May 2023

Delivered with National Partners



Scottish Government
Riaghaltas na h-Alba

Public Health
Scotland



Food
Standards
Scotland

For safe food and
healthy eating



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Outline

- **Introduction to WSAs to Diet and Healthy Weight in Scotland**
- **Improving the Food Environment**
- **Improving the Physical Activity Environment**
- **System Leadership and Community Engagement**
- **Community Education**
- **Mapping the Actions**
- **Next Steps**

Introduction

- **The Scottish Govt initiated the WSA Early Adopter Programme in 2019 (Part of Scotland's Diet and Healthy Weight Delivery Plan);**
- **Public Health Scotland's PH priority: "A Scotland where we eat well, have a healthy weight and are physically active";**
- **WSA is a population-based approach which focuses on building healthier environments;**
- **OAS asked to support Early Adopter Areas (EAAs);**
- **This presentation focuses on the actions undertaken by the EAAs in promoting diet and healthy weight.**

Firstly, some thanks

- **To all those who delivered this programme through the pandemic;**
- **To all those who provided copy and photographs for this presentation and accompanying report;**
- **This is first and foremost a celebration of the activities undertaken using a WSA to Diet and Healthy Weight in Scotland;**
- **But, as with all good PH practice, we should reflect on what we can improve on.**

Participating areas



Early Adopter Areas in Scotland followed the PHE WSA Guide:



Process Evaluations

Public Health
Scotland 

Whole systems approach
(WSA) to diet and healthy
weight: early adopters
programme process evaluation

Final report

Publication: 6 December 2022

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Let's focus on the actions across four themes

- **Improving the Food Environment**
- **Improving the Physical Activity Environment**
- **System Leadership and Community Engagement**
- **Community Education**

Improving the Food Environment

- **Accessibility and affordability**
- **Fast food**
- **The best start in life**



Photo credit: North Ayrshire Council



Photo credit: Aberdeenshire Council



Photo credit: NHS Tayside

Improving the Physical Activity Environment

- **Active Travel**
- **Improving access to green space**
- **Supporting outdoor activities**

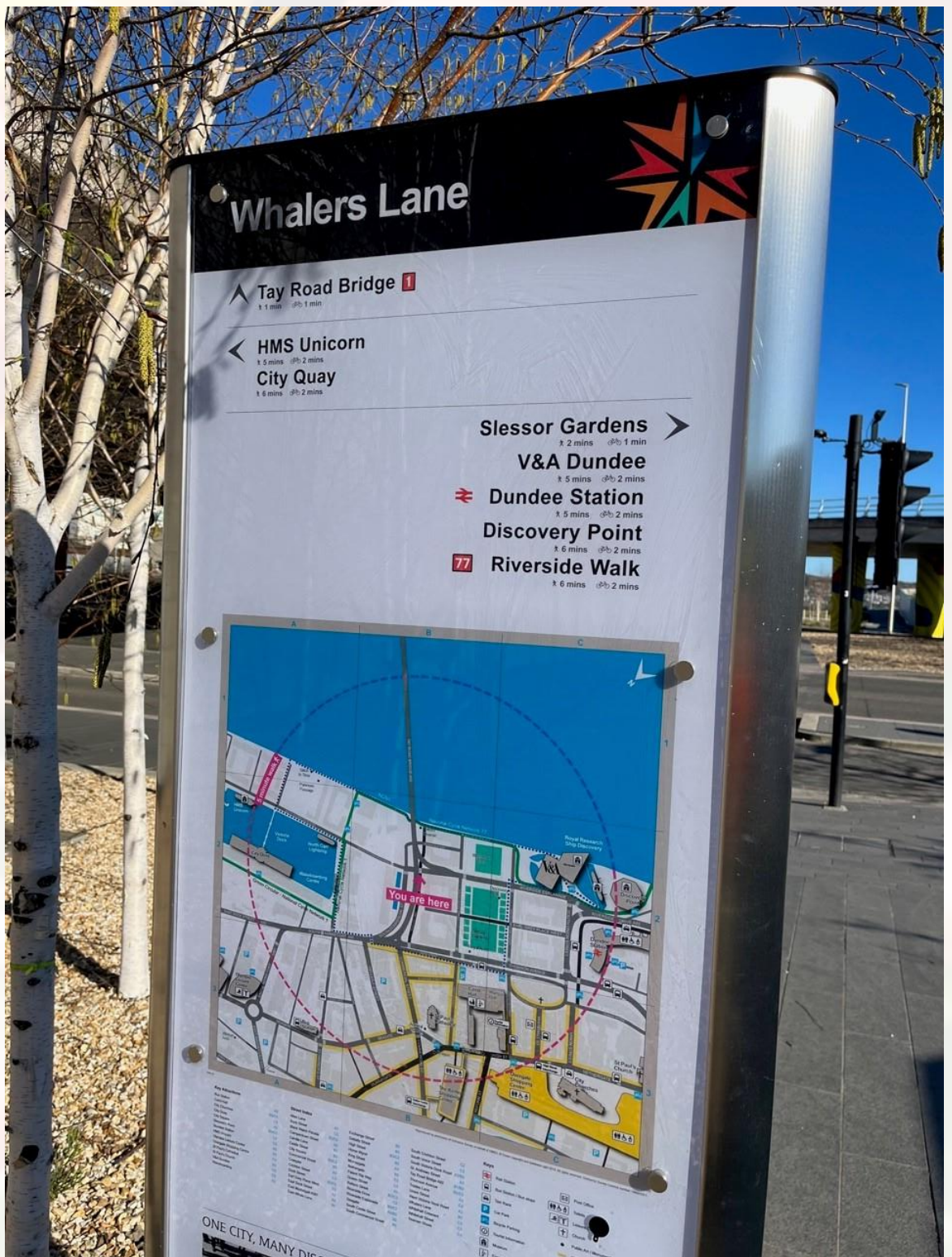


Photo credit:
Dr Will Cook

Photo credit: Dundee City Council



Photo credit: Scottish Borders Council



System Leadership and Community Engagement

- **System Leadership**
- **Community Engagement**



Photo credit: North Ayrshire Council



Photo credit: East Lothian Council

Photo credit: Robin Ireland (thanks to Scottish Borders Council)



Community Education

- **Food growing**
- **Outdoor activities**
- **Cycle training**



Photo credit: Aberdeenshire Council



Photo credit: Scottish Borders Council



Photo credit: Scottish Borders Council

Mapping the Actions

- **An action mapping tool is contained within the PHE guide;**
- **It is used to map actions undertaken in local areas against the WDOH model;**
- **Use of this model can enable areas to consider whether their actions need to be refined;**
- **The data supplied by 7 EAAs was inputted into the model.**

Beware 'lifestyle drift'



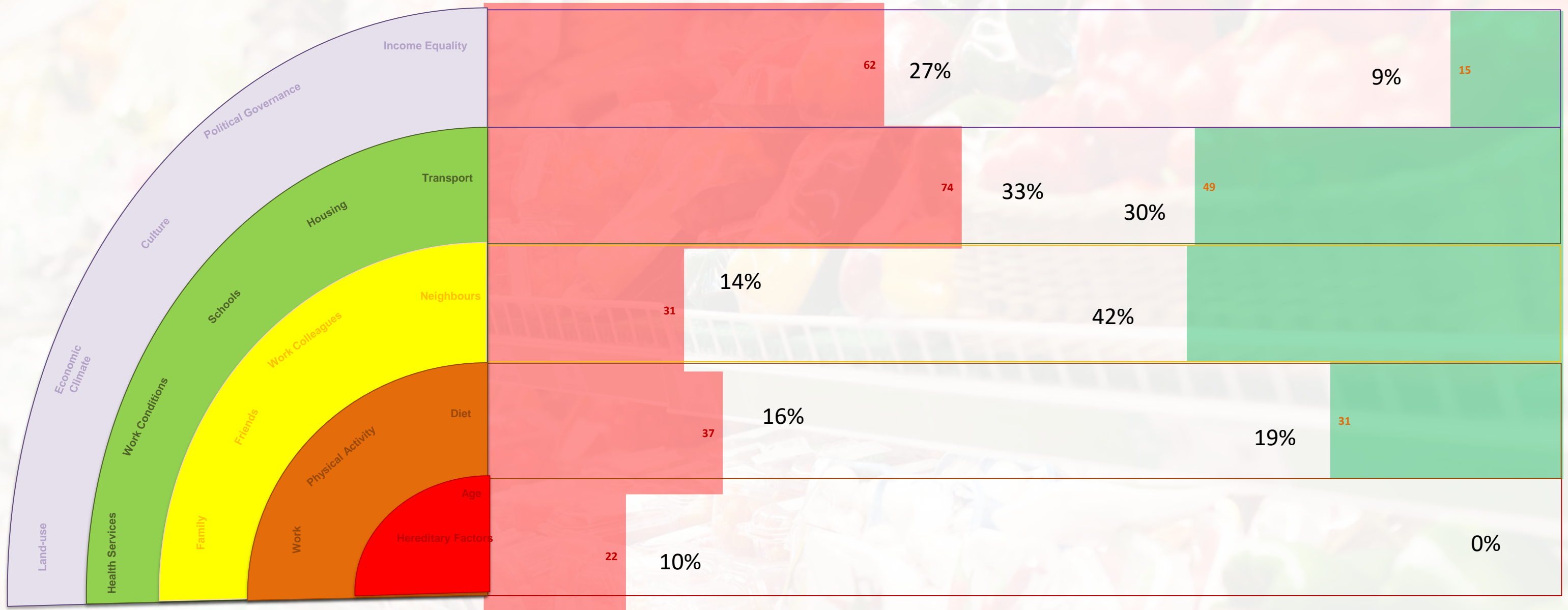
Avoid **ONLY** placing onus on individuals to change their behaviours

Health literacy /
ed campaigns

Parenting interventions

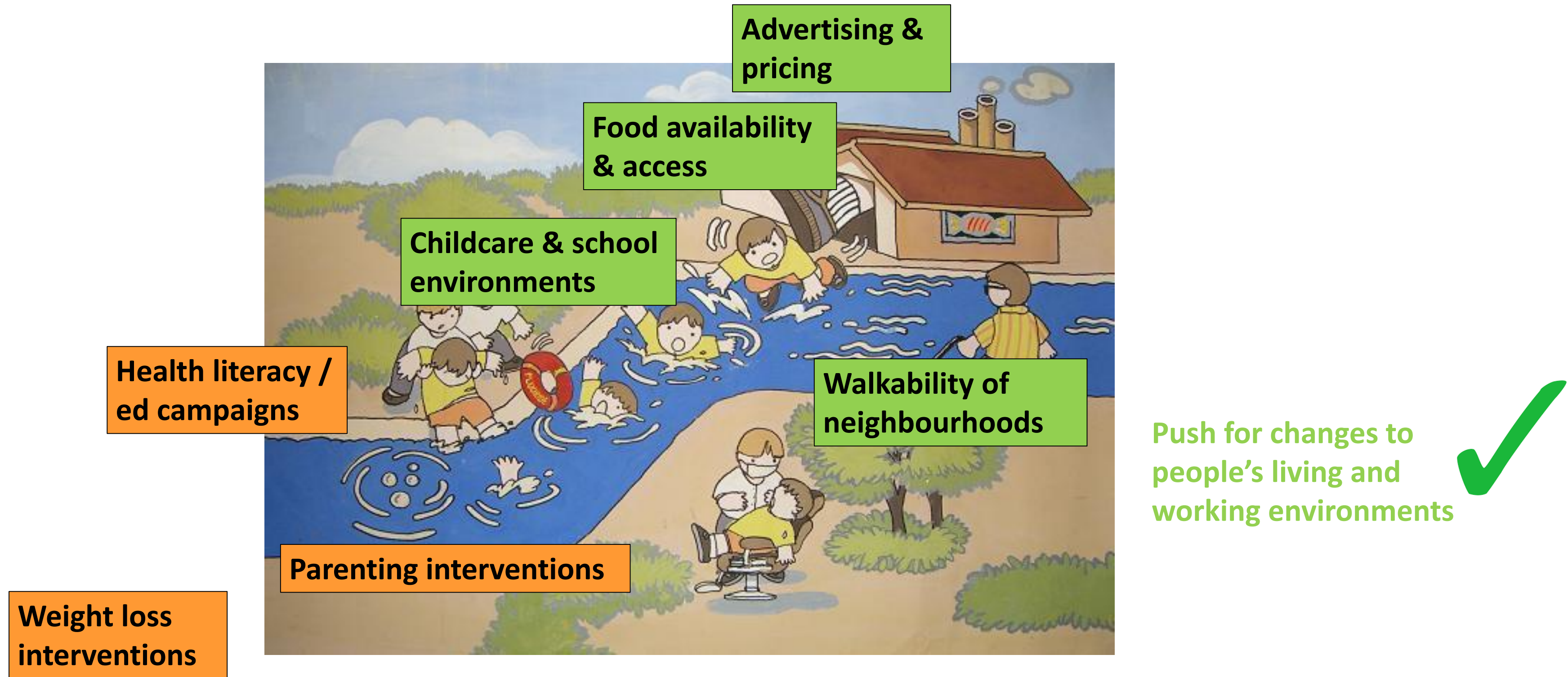
Weight loss
interventions





165 Actions
226 Causes

Focus on changes to people's living and working environments wherever possible



Discussion

- **Galvanises cross-sector working**
- **Can reach and engage with more parts of the community**
- **Varied use of WSA model/s**
- **Needs to engage and involve senior system leadership**
- **Size of locality?**
- **Resources required?**
- **Gaps? Over to Professor Jaacks**



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Cutting back on sugar
Credit: Aberdeenshire Council



Cycle storage in Dundee
Credit: Dundee City Council

Promoting Diet and Healthy Weight: What Can Whole Systems Approaches Deliver?

You are invited to join us at a free event taking place at the Royal College of Physicians and Surgeons of Glasgow from 1030-1530 on Thursday 8th June 2023.



Photo credit: Dr Will Cook



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Thank you

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