

Systems thinking tools and approaches to promote physical activity

Wednesday, Sept 1, 2021

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Central European Summer Time (GMT+2)	British Summer Time (GMT+1)	Agenda
13:30 – 14:00	12:30 - 13:00	Participants log on, in advance.
14:00 – 14:10	13:00 – 13:10	Welcome Prof Anne Vuillemin , Director of the Graduate School and Research of Health Science Ecosystems (HEALTHY), Université Côte d’Azur, France
14:10 – 14:15	13:10 - 13:15	Importance of a systems thinking approach towards NCDs in WHO/Europe
		Dr Kremlin Wickramasinghe Acting Programme Manager for Nutrition Physical Activity and Obesity. Division of Country Health Programmes, World Health Organization Regional Office for Europe.
14:15 – 14:30	13:15 – 13:30	Introduction to Systems Thinking and Complexity Science (STCS)
		Prof Ruth Hunter - Recap of the key points from the pre-recorded material
14:30 – 15:45	13:30 – 14:45	Bringing systems approaches into practice for non-communicable disease prevention policy <i>Systems thinking encourages us to look at the ‘bigger picture’, recognizing how people, populations and organizations act and evolve in response to each other and their contexts. Given the complex and inter-related causes of many non-communicable diseases (NCDs), and the complex contexts in which policies emerge, the value of systems thinking in NCD prevention policy is increasingly recognized.</i>

		<i>With a practical focus, this presentation will share a range of systems approaches that are being used in NCD prevention policy and discuss a range of practical considerations for their use.</i>
		Dr Tarra Penney
15:45 – 15:55	14:45 - 14:55	Active Break
15:55 – 16:25	14:55 – 15:25	Systems approach to physical activity based on GAPPa framework – an example from Ireland
		Prof Niamh Murphy and Prof Catherine Woods <i>Improving population levels of physical activity (PA) is a complex challenge with no single solution. This workshop illustrates how the Global Action Plan on Physical Activity (GAPPA) “systems-based” roadmap is being used in Ireland, led by the multisectoral Irish Physical Activity Research Collaboration (I-PARC) to generate a better understanding of actions required for effective PA promotion. This session will share how participatory action research was used to develop a GAPPA-Ireland systems map, and, how this process helps us move away from “traditional” approaches of working in silos to “systems” approaches which are dynamic and engage practitioners in co-production.</i>
16:25 – 16:55	15:25 – 15:55	Sports Club as an ecosystem – the PROSCeSS project
		Dr Aurélie Van Hoyer <i>Sports clubs are unique settings for physical activity promotion, an important health determinant, but they are also well known for being unhealthy environment in terms of other health behaviors (eating, consumption) or social and mental health. This session will present the health promoting sports clubs’ model and intervention framework, created through the PROSCeSS project, to illustrate how sports clubs can be considered as ecosystem, their specificities and propose some leverage for future research.</i>
16:55 – 17:15	15:55 – 16:15	Q&A
		Prof Anne Vuillemin and Prof Fabienne d’Arripe-Longueville, Université Côte d’Azur, France And speakers Prof Niamh Murphy and Prof Catherine Woods, Dr Aurélie Van Hoyer

17:15 - 17:30	16:15 - 16:30	Closing remarks
		Dr Kremlin Wickramasinghe Acting Programme Manager for Nutrition Physical Activity and Obesity. Division of Country Health Programmes (CHP), World Health Organization Regional Office for Europe.