

A photograph of two young girls playing in a pond. The girl on the left is wearing a white dress with yellow daisies and is looking down at the water. The girl on the right is wearing a blue swimsuit and is leaning forward, splashing water. In the background, another person in a colorful swimsuit is visible, and there is a wooden fence and greenery.

A whole systems approach to obesity in Southampton

Debbie Chase (Interim Director of Public Health)

A city of opportunity where everyone thrives

What is a whole system?

Relationships between the parts that create the system's function.

The whole is greater/different from, the sum of its parts.



A bicycle is a system made up of many separate parts



No single part operates the system alone



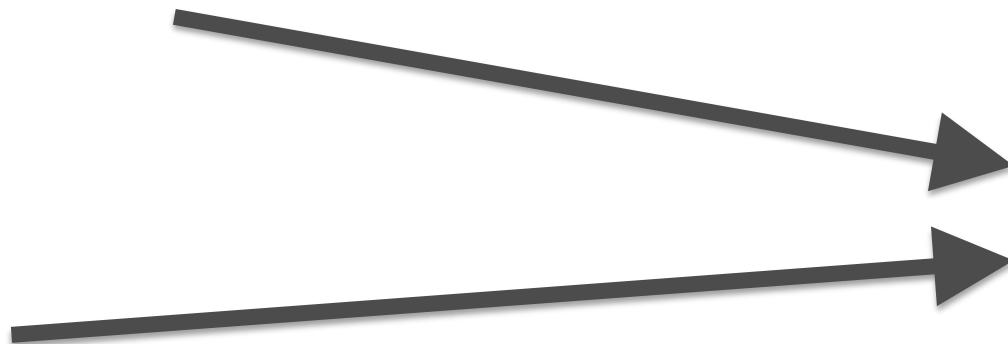
The bicycle can only be ridden when all parts work together

The function of the system is different from the sum of the parts

Shifting mind sets from a linear approach- an example

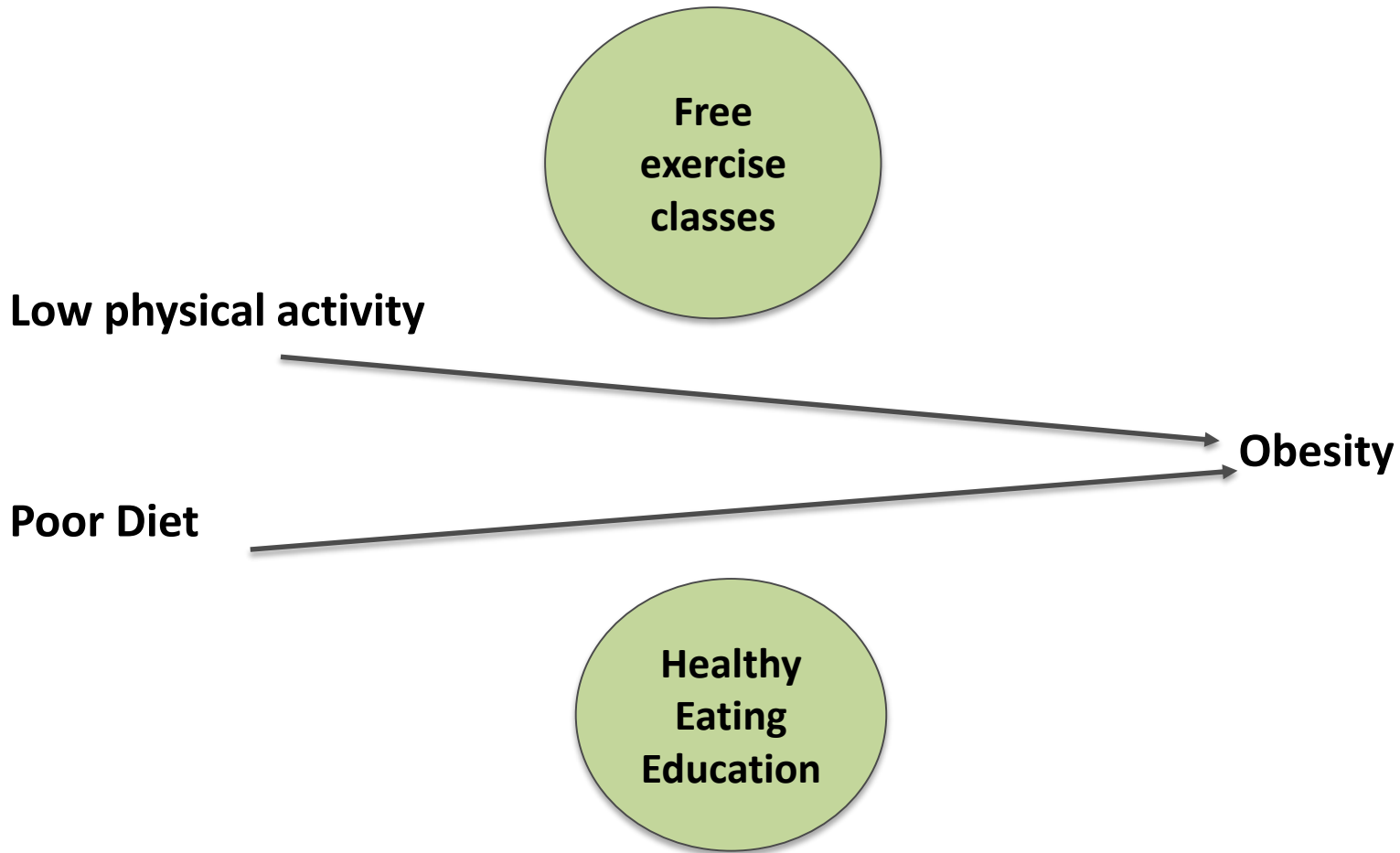
Low physical activity

Poor Diet

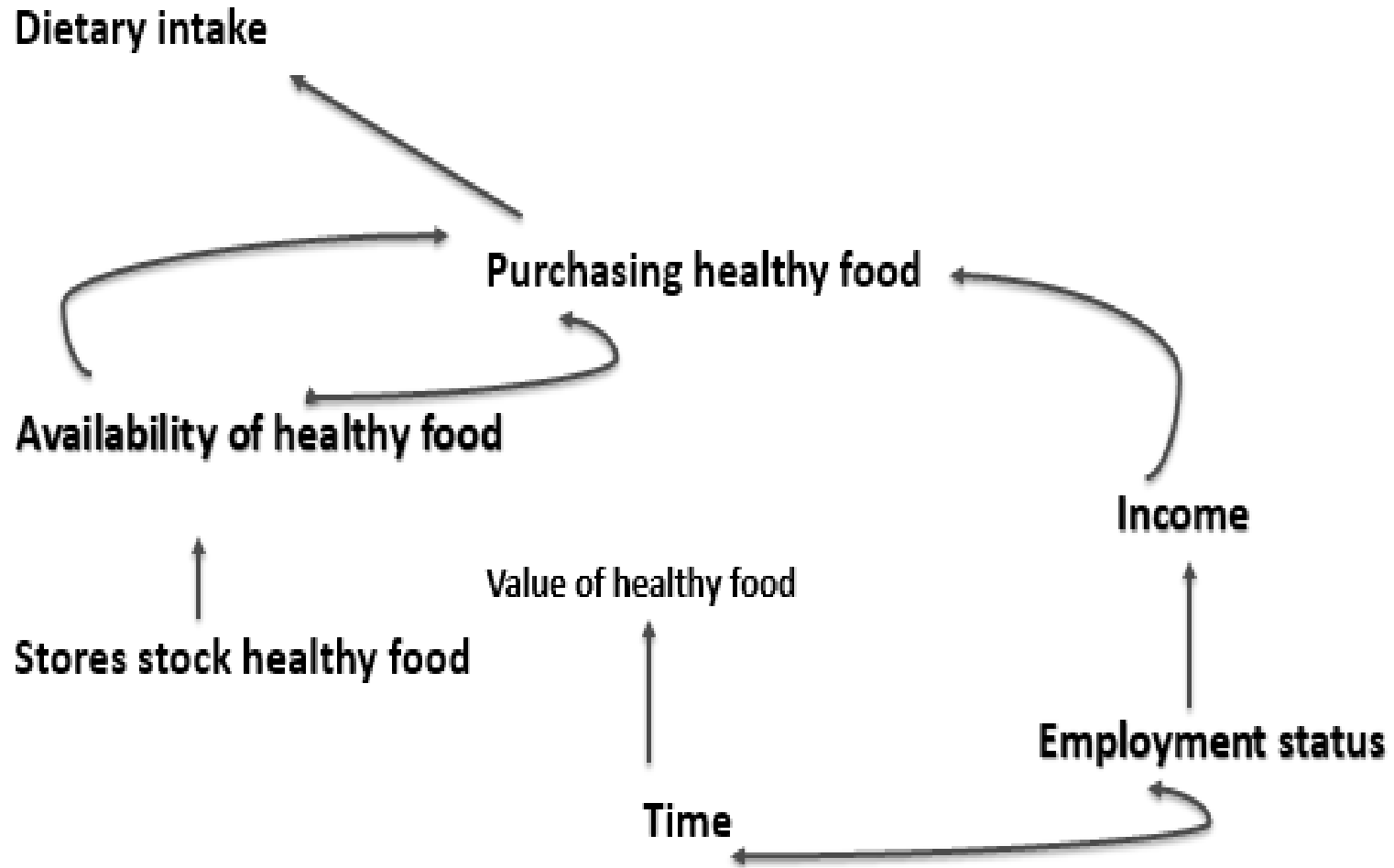


Obesity

Linear approach- a simple example



Developing a systems map- non linear



Video- whole systems approach Public Health England

<https://www.youtube.com/watch?v=SLu9AOpfsjs>

Whole systems at a glance

From Silos



To integrated working on the whole system

From individual activities



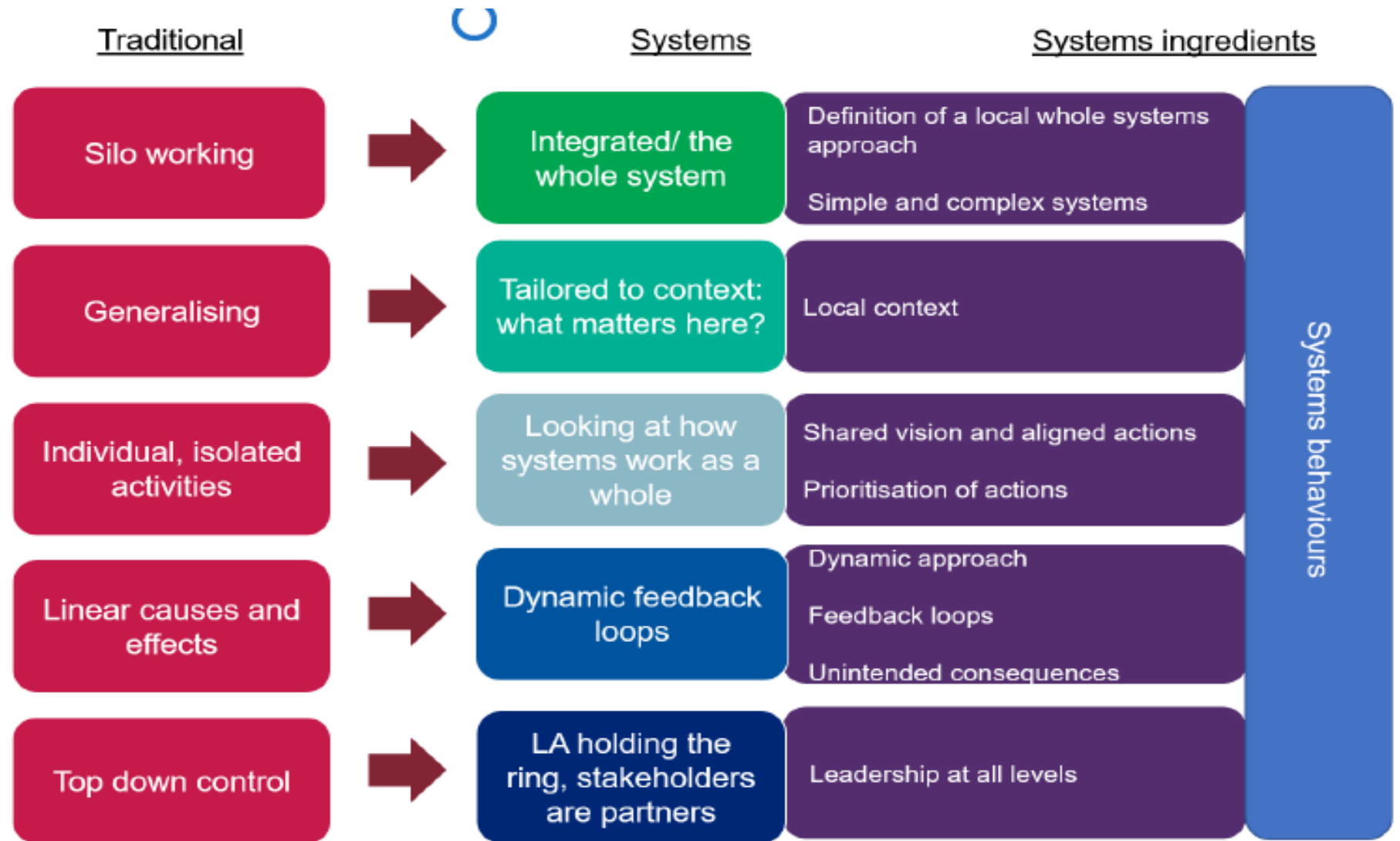
To collectively understand the local system

From Top down

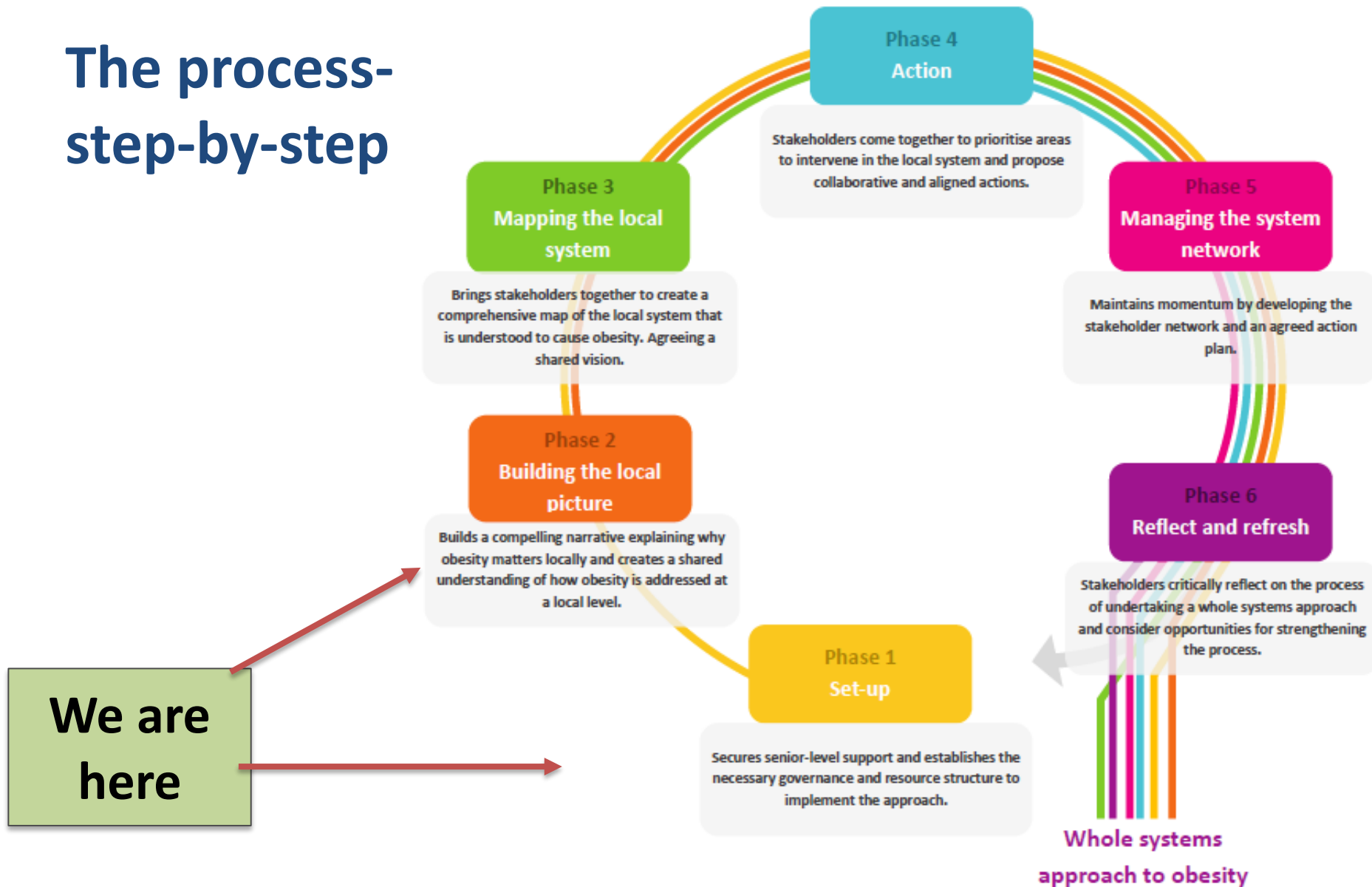


To partnerships with LAs holding the ring

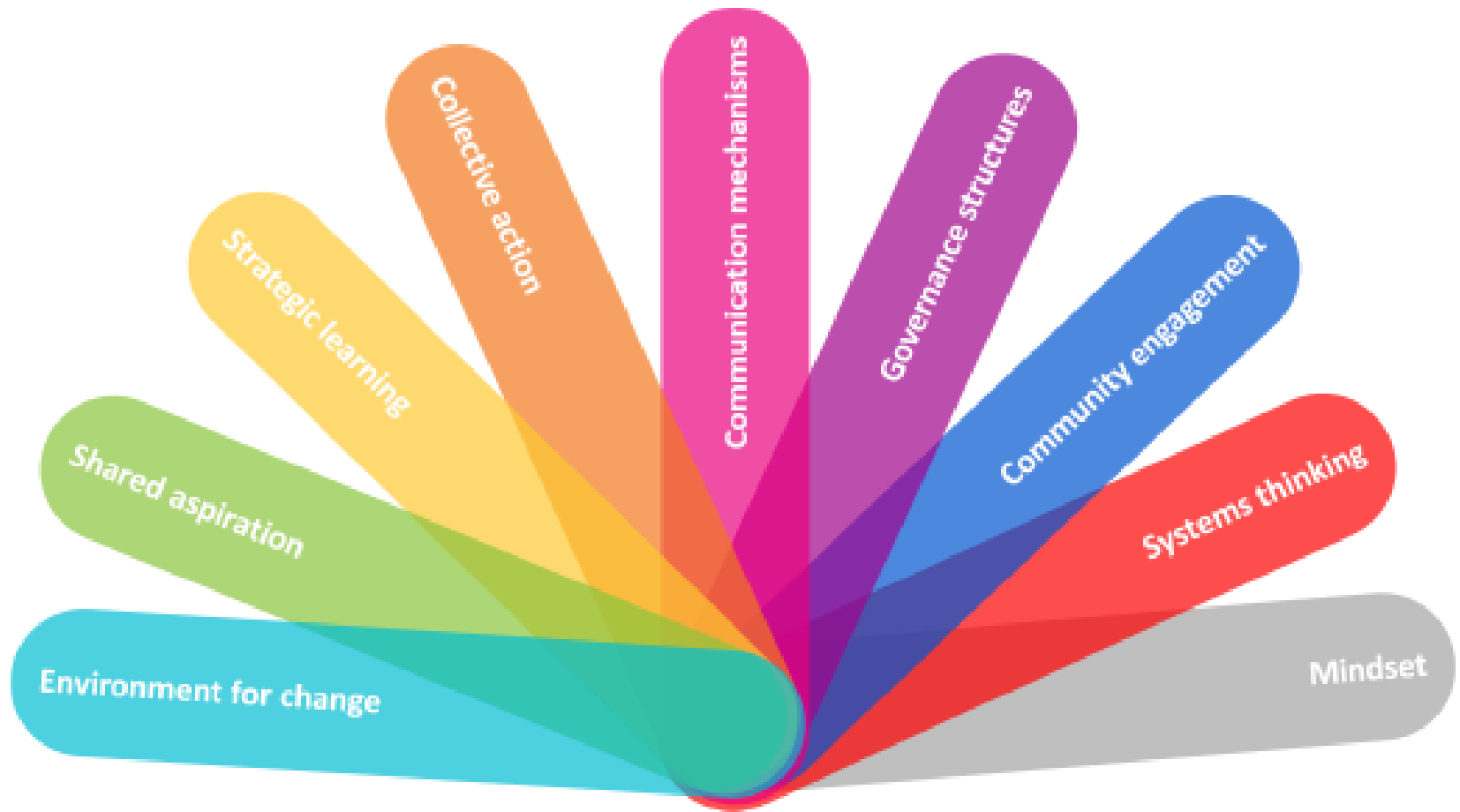
Whole systems- detail



The process- step-by-step

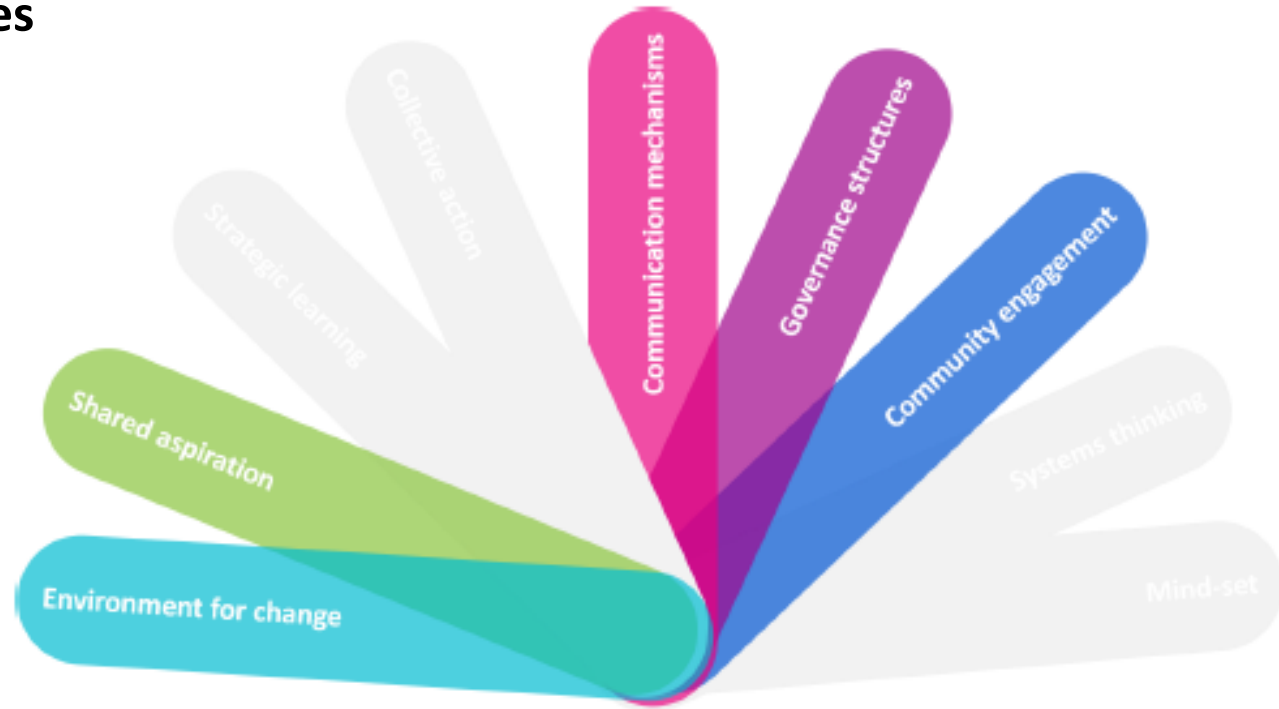


Systems working behaviours



What we are seeking for phase 1 and 2

- **Governance structures**
- **Shared aspirations**
- **Environment for change**
- **Communication mechanisms**
- **Community engagement**



Thank you

A young boy with dark hair, wearing a bright green t-shirt, is looking directly at the camera from inside a large, red, circular tunnel on a playground. The tunnel is set on a grassy area. In the background, there are other wooden playground structures and trees under a bright sky.

A whole systems approach to obesity in Southampton

Debbie Chase (Interim Director of Public Health)