



A joint meeting between the Yorkshire and Humber Network and Leeds Beckett University was held to launch the PHE funded Whole Systems Approach to Obesity project.

The meeting was attended by over 220 people from across the UK. The event chaired by Professor Pinki Sahota, Chair of ASO welcomed Professor Steven Allender, Co-Director, World Health Organisation Collaborating Centre at Deakin University, who provided an insightful and inspirational presentation about the work they have been doing using systems science to support the development of childhood obesity prevention programmes.

Jaime Blackshaw, National Programme Lead for obesity at Public Health England, shared an overview of where the Whole Systems Approach to Tackling Obesity fits within the work plans of Public Health England.

Professor Paul Gately, Leeds Beckett University followed by outlining the study which aims to work collaboratively to co-produce with local authorities and key stakeholders locally relevant solutions to tackling obesity.

Over the last 30 minutes we welcomed Carol Weir and Professor Rob Copeland, Sheffield Hallam University to the panel to share their experiences undertaking the delivery and evaluation of Sheffield Let's Change 4 Life which is the only whole systems approach to tackling childhood obesity undertaken in the UK to date.

Programme and Speakers

Chair: Professor Pinki Sahota, Professor of Nutrition and Childhood Obesity; Chair of ASO

14:10: Creating a Whole Systems Approach - International Lessons: Professor Steven Allender, Co-Director, World Health Organisation Collaborating Centre for Obesity Prevention and Professor of Population Health, Deakin Population Health Strategic Research Centre.

15:00: Introduction to the Whole Systems Obesity Programme: Jamie Blackshaw (Team Leader, Obesity and Healthy Weight, Public Health England).

15:10: Delivering Whole Systems Obesity: Professor Paul Gately, Professor of Exercise and Obesity, Leeds Beckett University and CEO of MoreLife.

15:30: **Panel Discussion and Q&A:** Professor Allender, Jamie Blackshaw, Professor Sahota, Professor Gately, Professor Rob Copeland Professor of Physical Activity and Health at Sheffield Hallam University and the National Centre for Sport and Exercise Medicine in Sheffield (Sheffield Hallam) and Carol Weir, Clinical & Operations Director for MoreLife. Previous role includes Director of Sheffield – Let's Change4Life, a £10million joint citywide obesity prevention programme.