

Systems thinking tools and approaches to promote physical activity programme

Wednesday, Sept 1, 2021: Day 1

Day 1: Systems thinking tools and approaches to promote physical activity		
Central European Summer Time (GMT+2)	British Summer Time (GMT+1)	Agenda
	10:00-10:30	Participants log on, in advance.
	10:30-10:45	Summer school orientation Prof Anne Vuillemin [10 mins] Describe pre-recorded lecture material and pre-reading Prof Ruth Hunter, Professor, Queen's University Belfast, Northern Ireland [5 mins]
	10:45-12:30	Introductory materials / self-directed learning Listen to the pre-recorded lecture: <ul style="list-style-type: none">- Understanding Physical Activity from a Systems Perspective [Dr Leandro Garcia/ Prof Ruth Hunter] – 30 mins- What is physical activity- Physical activity as a complex behaviour- Physical activity and complex systems- Introduction to Systems thinking Pre-reading materials: <u>The need for a complex systems model of evidence for public health - Rutter et al Lancet 2017.pdf</u>

		<p><u>HM Treasury. Magenta Book 2020. Handling complexity in policy evaluation. Chapters 1 and 2.</u></p> <p><u>Sterman. Learning from evidence in a complex world.</u></p>
13:30 – 14:00	12:30 - 13:00	Participants log on, in advance.
14:00 – 14:10	13:00 – 13:10	<p>Welcome Prof Anne Vuillemin, Director of the Graduate School and Research of Health Science Ecosystems (HEALTHY), Université Côte d’Azur, France</p>
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 (CHP), World Health Organization Regional Office for Europe.
14:15 – 14:30	13:15 – 13:30	Introduction to Systems Thinking and Complexity Science (STCS)
		<p>Prof Ruth Hunter, <i>Professor, Queen’s University Belfast, Northern Ireland</i> - Recap of the key points from the pre-recorded material</p>
14:30 – 15:45	13:30 – 14:45	<p>Bringing systems approaches into practice for non-communicable disease prevention policy</p> <p><i>Systems thinking encourages us to look at the ‘bigger picture’, recognising how people, populations and organisations 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 recognised. 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></p>
		<p>Dr Tarra Penney, <i>Assistant Professor, York University, Canada</i> Dr Chloe Clifford Astbury, <i>Post-doctoral Fellow, York University, Canada</i></p>

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
		<p>Prof Niamh Murphy, <i>Professor, Waterford Institute of Technology, Ireland</i> Prof Catherine Woods, <i>Professor, University of Limerick, Ireland</i></p> <p><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></p>
16:25 – 16:55	15:25 – 15:55	Sports Club as an ecosystem – the PROSCeSS project
		<p>Dr Aurélie Van Hoyer</p> <p><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></p>
16:55 – 17:15	15:55 – 16:15	Q&A and plans for Day 2
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.

Thursday, Sept 2, 2021

Day 2: Path towards action		
Central European Summer Time (GMT+2)	British Summer Time (GMT+1)	Activity
09:30 – 10:00	08:30 - 09:00	Participants log on, in advance.
10:00 – 10:15	09:00 – 09:15	Recap from Day 1 and Aims for Day 2
		Prof Anne Vuillemin and Prof Fabienne d'Arripe-Longueville , Université Côte d'Azur, France Dr Aurélie Van Hoye , Université de Lorraine, France
10:15 – 11:45	09:15 – 10:45	<i>Using systems mapping – a practical session</i> <i>This session will introduce several concepts from systems thinking, and specifically community based participatory system dynamics, to support collaboration for addressing complex health problems. The emergence of applying system in public health will be described and the antecedents of current systems approaches introduced. A group activity will provide practical experience of using several of these techniques with description of the adaptations used due to COVID and other limitations of remote working. Participants will be introduced to STICKE software, which has been developed specifically to support this work.</i>
		Prof Steve Allender , Professor, Deakin University, Australia
11:45 – 12:15	10:45 – 11:15	Active Break
12:15 – 12:45	11:15 – 11:45	Systems action-oriented framework for intervention development <i>This session will present an action-oriented framework to incorporate and use systems science theory and methods to design, implement, evaluate, and sustain whole-of-community systems changes. For each action step, we will discuss concrete activities, methods, and approaches that can be used to guide and inform the work needed to achieve the expected outputs.</i>

		Dr Leandro Garcia , <i>Lecturer, Queen's University Belfast, Northern Ireland</i>
12:45 – 13:00	11:45 – 12:00	Q&A and plans for the afternoon
		Dr Leandro Garcia and Prof Ruth Hunter <i>Queen's University Belfast, Northern Ireland</i>
14:00 – 16:00	13:00 – 15:00	Group Work Activities [Dr Leandro Garcia/ Prof Ruth Hunter, <i>Queen's University Belfast, Northern Ireland</i>] Following from the group activity with Prof Steven Allender, in this session the groups will focus on the identification of feedback loops, key insights and action ideas, followed by a group reflection and discussion about the lessons learned during the group activities. Groups will also be given time to prepare their presentation for the next day.

Friday, Sept 3, 2021

Day 3 Systems thinking in action		
Central European Summer Time (GMT+2)	British Summer Time (GMT+1)	Activity
09:30 – 10:00	08:30 - 09:00	Participants log on, in advance.
10:00 – 10:15	09:00 – 09:15	Recap from Day 2 and Aims for Day 3
		Prof Anne Vuillemin and Prof Fabienne d'Arripe-Longueville , Université Côte d'Azur, France Dr Aurélie Van Hoyer , Université de Lorraine, France
10:15 – 11:45	09:15 – 10:45	Student groups' Presentations [based on 6 groups x 15 minutes]
11:45 – 12:00	10:45 – 11:00	Active Break

12:00 – 12:40	11:00 - 11:40	Plenary discussion session
		All speakers
12:40 – 13:00	11:40 – 12:00	Closing remarks
		<p>Prof Anne Vuillemin, Director of the Graduate School and Research of Health Science Ecosystems (HEALTHY), Université Côte d'Azur, France</p> <p>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.</p>