

# 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	<b>Welcome</b> <b>Prof Anne Vuillemin</b> , 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	<b>Importance of a systems thinking approach towards NCDs in WHO/Europe</b>
		<b>Dr Kremlin Wickramasinghe</b> 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	<b>Introduction to Systems Thinking and Complexity Science (STCS)</b>
		<b>Prof Ruth Hunter</b> <i>Professor, Queen’s University Belfast, Northern Ireland</i> - <b>Recap of the key points from the pre-recorded material</b>
14:30 – 15:45	13:30 – 14:45	<b>Bringing systems approaches into practice for non-communicable disease prevention policy</b> <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>
		<b>Dr Tarra Penney</b> , Assistant Professor, York University, Canada <b>Dr Chloe Clifford Astbury</b> , Post-doctoral Fellow, York University, Canada
<b>15:45 – 15:55</b>	<b>14:45 - 14:55</b>	<b>Active Break</b>
<b>15:55 – 16:25</b>	14:55 – 15:25	Systems approach to physical activity based on GAPPa framework – an example from Ireland
		<b>Prof Niamh Murphy</b> , Professor, Waterford Institute of Technology, Ireland <b>Prof Catherine Woods</b> , Professor, University of Limerick, Ireland  <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>
<b>16:25 – 16:55</b>	<b>15:25 – 15:55</b>	<b>Sports Club as an ecosystem – the PROSCeSS project</b>
		<b>Dr Aurélie Van Hoyer</b> <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>
<b>16:55 – 17:15</b>	<b>15:55 – 16:15</b>	<b>Q&amp;A</b>

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