Obesity Action Scotland event – Promoting Diet and Healthy Weight: What Can Whole Systems Approaches (WSA) Deliver?

8th June 2023 (1030-1530).

Venue: Royal College of Physicians and Surgeons of Glasgow, 232-242 St Vincent Street, Glasgow

FINAL PROGRAMME

Event Overview

The event is in three parts:

1. National Approaches to Promoting Diet and Healthy Weight 1030-1125

This section provides an opportunity to hear about the varying whole system approaches to diet and physical activity adopted in the UK

2. International Approaches to Promoting Diet and Healthy Weight 1140-1245

This session considers international WSAs. The session will conclude with a panel discussion

3. Promoting Diet and Healthy Weight in Scotland 1330-1530

Speakers will provide examples of how Scotland has implemented a WSA to Diet and Healthy Weight and two new reports will be launched.

1000 -1030 Delegate registration, refreshments and networking

1030 PART 1: NATIONAL APPROACHES TO PROMOTING HEALTHY WEIGHT

Chair: Geoff Ogle, Chief Executive, Food Standards Scotland

1030 – Welcome from Chair

1035 Scotland: John Nicholson, Deputy Director, Population Health Directorate, Scottish Government (15 mins).

1050 Wales: Sophia Bird, Principal Health Promotion Specialist, Public Health Wales and Lydia Orford, Principal Public Health Practitioner, Betsi Cadwaladr University Health Board (15 mins)

1105 Northern Ireland: Gerard Walls, Senior Health Improvement Officer, Public Health Agency, Northern Ireland (15 mins)

1120 -1140 Refreshments, comfort break and networking

1140 PART 2 – INTERNATIONAL APPROACHES TO PROMOTING HEALTHY WEIGHT

Chair: Dr Andrew Fraser, Chair, Obesity Action Scotland

1140 Welcome from Chair.

1145 Complexity in Urban Health: the Amsterdam Healthy Weight Approach: Dr Lieke van Houtum Senior Researcher (PhD), Public Health Services Amsterdam, Department Healthy Living (25 mins)

1210 Considering Whole System Approaches to Diet and Healthy Weight: International Learning from Recent Reviews: Professor Gavin Breslin, School of Psychology, Ulster University (15 mins)

1225-1245 Panel discussion with Col Baird (Scottish Government), Sophia Bird (Public Health Wales), Gerard Walls (PHA, Northern Ireland), Lieke van Houtum (PHS, Amsterdam) and Gavin Breslin (Ulster University).

1245 -1330 LUNCH. Time for networking.

1330 PART 3: PROMOTING DIET AND HEALTHY WEIGHT IN SCOTLAND

Chair: Paul Johnston, Chief Executive, Public Health Scotland.

1330 Welcome from Chair.

1335 How has Scotland implemented Whole Systems Approaches to Diet and Healthy Weight? Lorraine Tulloch, Programme Lead, Obesity Action Scotland and Yvonne Traynor, Health Improvement Manager – Diet & Healthy Weight, Public Health Scotland (15 mins)

Examples of Whole Systems Approaches to Diet and Healthy Weight in Scotland

1355 Eyemouth Gateway to Good Health: Fiona Doig, Head of Health Improvement/Strategic Lead – Alcohol and Drugs Partnership and Penny Oliver, Health Improvement Specialist – Communities Team, Public Health, NHS Borders (15 mins)

1410 Improving Healthy Eating and Active Living in Aberdeenshire using a Whole Systems Approach: Susan Forbes, Health Improvement Officer (Local Government), Aberdeenshire Health & Social Care Partnership (15 mins)

1425 Implementing and Evaluating a Whole Systems Approach to Diet & Healthy Weight in Dundee: Dr William Cook, Dietetic Consultant in Public Health Nutrition, NHS Tayside and Dr Murali K P Subramanian, NIHR PHIRST Fusion Research Associate, Newcastle University (15 mins)

1440 Q&A to the five speakers from the above three areas chaired by Paul Johnston.

1500 Launch of 'Innovation and Practice' report: Dr Robin Ireland, National Co-ordinator for Whole Systems Approach to Diet and Healthy Weight, Obesity Action Scotland (10 mins)

1510 Local Levers to Diet and Healthy Weight in Scotland: Prof Lindsay Jaacks, Chair of Global Health and Nutrition, University of Edinburgh (10 mins)

1520 Closing Remarks on the afternoon's session: Paul Johnston.

1525 Final Reflection on the day: Dr Andrew Fraser.

1530 Close and depart.