




There is no consensus on a shared definition or model of a WSA.




Evidence for the effectiveness of WSA to diet and healthy weight is limited; this is due to challenges with WSA process and outcome evaluations, and lack of long-term follow-up studies.



Public and service user involvement in WSA programme evaluation has been limited to date; 'nothing about us, without us' remains a principle that has not been widely adopted.


**WHAT DO WE  
ALREADY KNOW  
ABOUT WHOLE  
SYSTEMS  
APPROACHES TO  
DIET AND  
HEALTHY  
WEIGHT?**



Several conceptual frameworks or mathematical modelling approaches have been applied to WSAs for diet, healthy weight and obesity to inform their planning or delivery, and to understand/map the associated features of the system.



National and international case studies have been used to understand what elements of WSA programmes contribute to their potential effectiveness.



Key elements of effective WSAs include: adopting an holistic approach; leadership in the design, implementation, and policy integration; adopting evidence-based interventions in multiple setting (schools, community, home); cross-sector cooperation; adequate funding and long-term planning; training staff in WSA theory and implementation; and continually reviewing lessons learned during implementation.