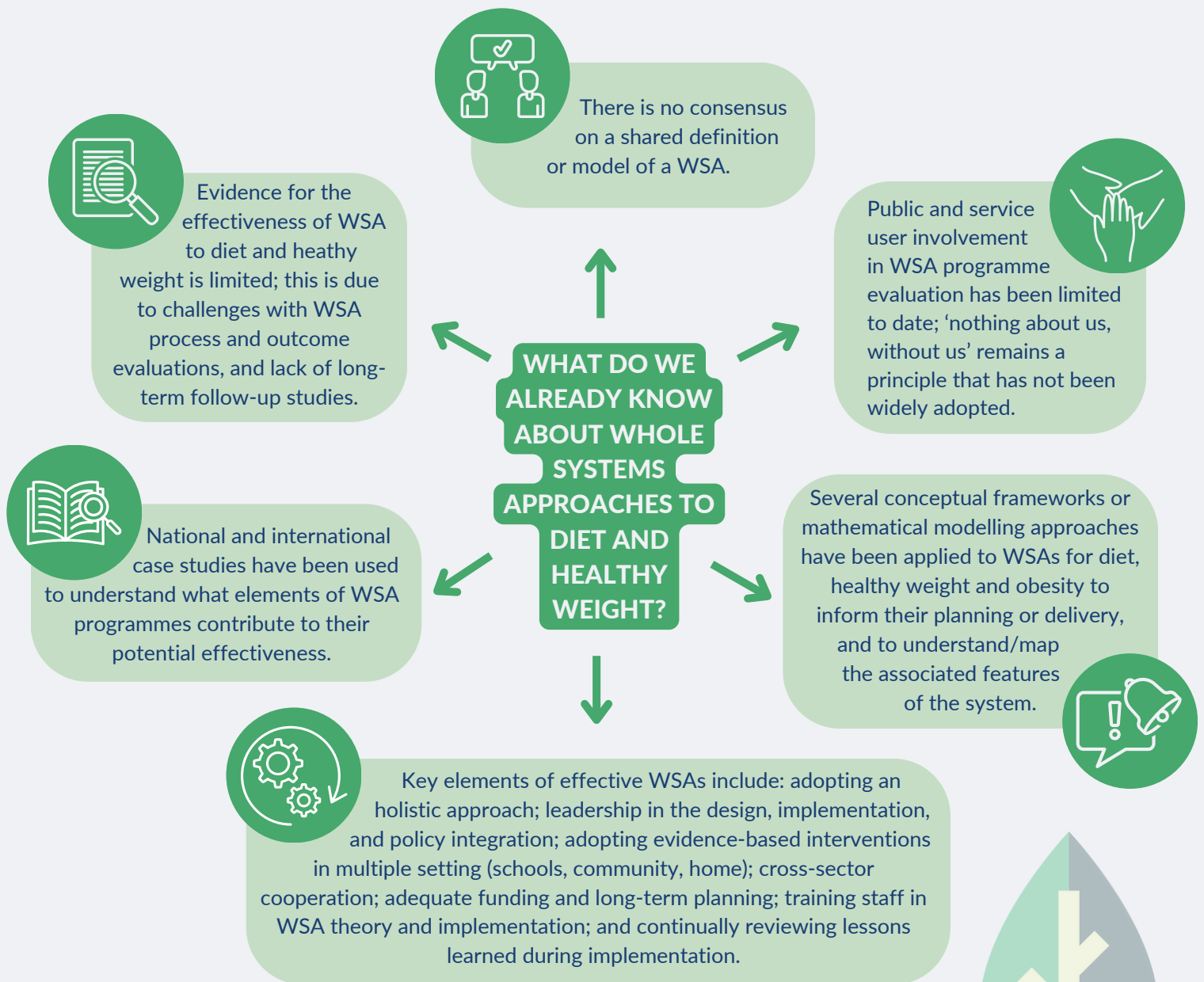


FINDINGS FROM AN INTERNATIONAL REVIEW OF WHOLE SYSTEMS APPROACHES TO DIET AND HEALTHY WEIGHT:

A SUMMARY FOR PRACTITIONERS AND POLICY MAKERS

Whole Systems Approaches (WSAs) have been used to address diet and healthy weight nationally and internationally, yet evidence for their effectiveness remains in its infancy. A review of reviews has been conducted to synthesise the ways that WSAs to diet and healthy weight have been implemented and evaluated nationally and internationally. The findings from this review are found below.



IMPLICATIONS FOR FURTHER EVALUATION OF WSAs

Further robust evaluations of WSAs are required, addressing:

- Long-term (longitudinal) study and follow-ups
- Multi-disciplinary investigation
- Involvement of public members/services users in evaluation design and reporting
- Evidence regarding the impact of funding on changes to diet and healthy weight outcomes
- Cost of living and funding constraints on public health, and how they provide an incentive for WSA working to deliver efficiencies
- Application of WSAs to a wider focus beyond diet and healthy weight.



Consider the incorporation of epidemiological data alongside longitudinal process and outcome evaluation measures to monitor the long-term impact of WSAs. Lessons could be learned from the Childhood Obesity Modelling for Prevention and Community Transformation - [COMPACT Study](#) [1]

Methodology: How did we do this work?

We undertook a review of published reviews about the implementation and evaluation of WSAs to diet and healthy weight worldwide. We searched five databases between 1995-March 2022 for published studies, identifying 20,306 articles. Having excluded duplicates, 7,690 titles and abstracts were reviewed for relevance. Subsequently, 110 potential full text articles were reviewed. Eight published articles were judged to meet inclusion criteria.

Type of reviews included: one umbrella review; four systematic reviews; a rapid review; and two literature reviews. Within the selected eight articles we explored:

- Which models or theories have been used to underpin WSAs?
- How have WSAs been evaluated? What is the evidence for WSA effectiveness?
- How have the public and service users contributed to WSA development, implementation and evaluation?



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phirst@herts.ac.uk

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[1] Hennessy E, Ornstein JT, Economos CD, Herzog JB, Lynskey V, Coffield E, Hammond RA. Peer reviewed: designing an agent-based model for childhood obesity interventions: a case study of ChildObesity180. Preventing chronic disease. 2016;13. [doi:10.5888/pcd13.150414](https://doi.org/10.5888/pcd13.150414)

This project is funded by the National Institute for Health and Care Research (NIHR) [Public Health Research Programme (NIHR131573/PHIRST)]. The views expressed are those of the authors and not necessarily those of the NIHR or the Department of Health and Social Care.

FUNDED BY