

Healthy Weight Intervention using Systems Science

Aim: Obesity Prevention using Systems Science in school children and adolescents (OPUSS-Schools)

Objectives:

- Systems understanding of current school food environments
- Systems oriented, indigenous approach to enhance a health-inclusive education curriculum
- Pilot a low-cost, opt-out approach to monitoring school food systems

A Better Start is funded by the Ministry of Business, Innovation and Employment

Host Institution



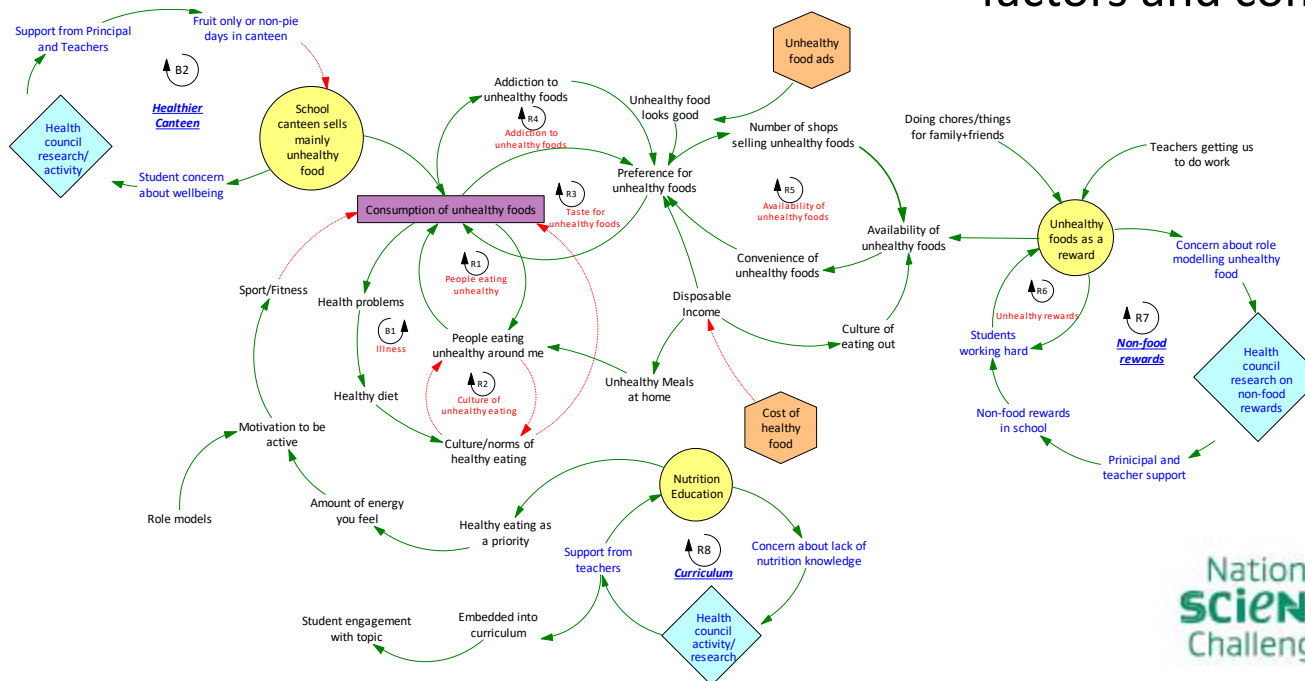
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Systems Understanding of current School Food Environments

- To use Group Model Building (GMB) methods to understand current school food environments, and identify where and how systems levers can be applied to create healthier environments

- Participatory process to build causal maps that describe how a system generates behaviours we are trying to understand
- Acknowledge interrelationship of factors and complexity of system



Indigenous approach to enhance school curriculum

- Identify the potential for systems-oriented, indigenous approach to health using the *Atua Matua* framework
- Enhance current school curriculum to improve health and wellbeing of students through an increased cultural understanding and establishment of meaningful relationships with their environment
- Activities include exploring local environments while simultaneously increasing knowledge and waiora

ATUA MATUA
OTAUTAHI

Whakatinanatia te hua hua matua -
Application of metaphoric knowledge
to Physical Exercise

1

This one day wānanga was an introductory workshop to the Atua Matua Framework, developed by Dr Ihirangi Heke. It was held at He Waka Tapu in Otautahi (Christchurch)

2

Participants engaged in lengthy discussions around nutrition and determining the whakapapa or origin of certain food groups before applying them under different Atua Māori.

3

Engaging with and learning about different Atua, such as Whakarūmoko, Hinemoana, Parawhenuamea, Kiwa and the ahi kōmau through physical activity.

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Monitoring and Feedback System

Development of a low cost, sustainable and efficient monitoring system with timely feedback to key change agents

- *Foodback* app for data collection (citizen science)
- Monitoring package will include assessment of:
 - Food and nutrition policies
 - Food environments
 - Behaviour patterns
 - Anthropometry

