



Resource O: Workshop 1 agenda¹

Whole systems approach to obesity: Understanding the local reality, causes and linkages

Understanding the local reality, causes and linkages

Activity	Time
Welcome and introduction	15 to 20 mins
Group activity 1: Consequences and realities of obesity	15 to 20 mins
Presentation 1: Consequences of obesity in the local area	10 to 15 mins
Presentation 2: Whole systems approaches	20 to 30 mins
Refreshment break	10 to 20 mins
Group activity 2: Understanding the local causes of obesity	75 to 105 mins
Group activity 3: Developing our vision	20 to 30 mins
Close	5 to 10 mins
Duration	(3-3.5 hours)

¹ This resource is part of Public Health England's wider whole systems approach to obesity programme. Please search to find the main guide and additional resources.