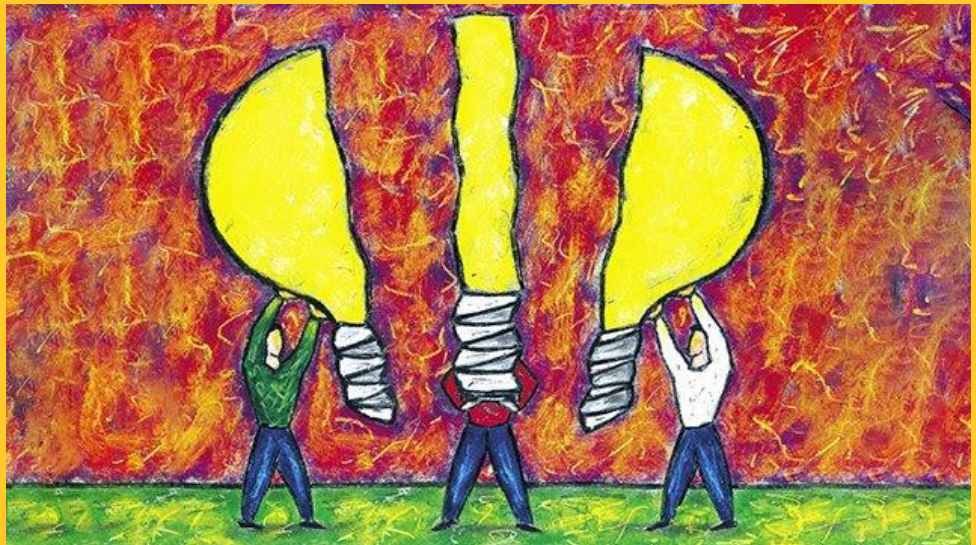


Using systems thinking to collaborate and catalyse community action

Sarah Gerritsen
Michele Eickstaed

ANA Conference
Auckland, May 2019



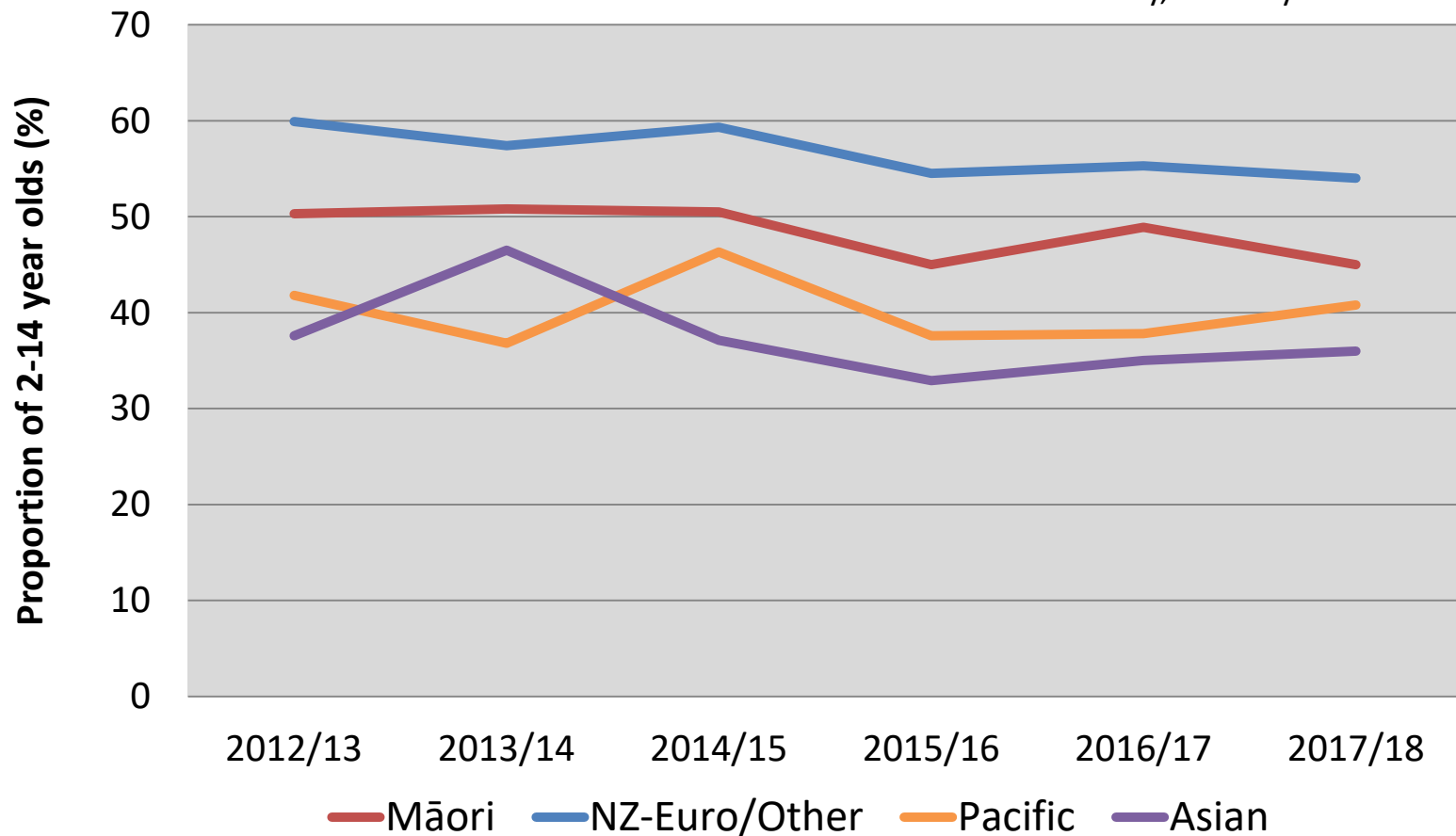
THE UNIVERSITY OF
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Te Whare Wānanga o Tāmaki Makaurau
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**MEDICAL AND
HEALTH SCIENCES**

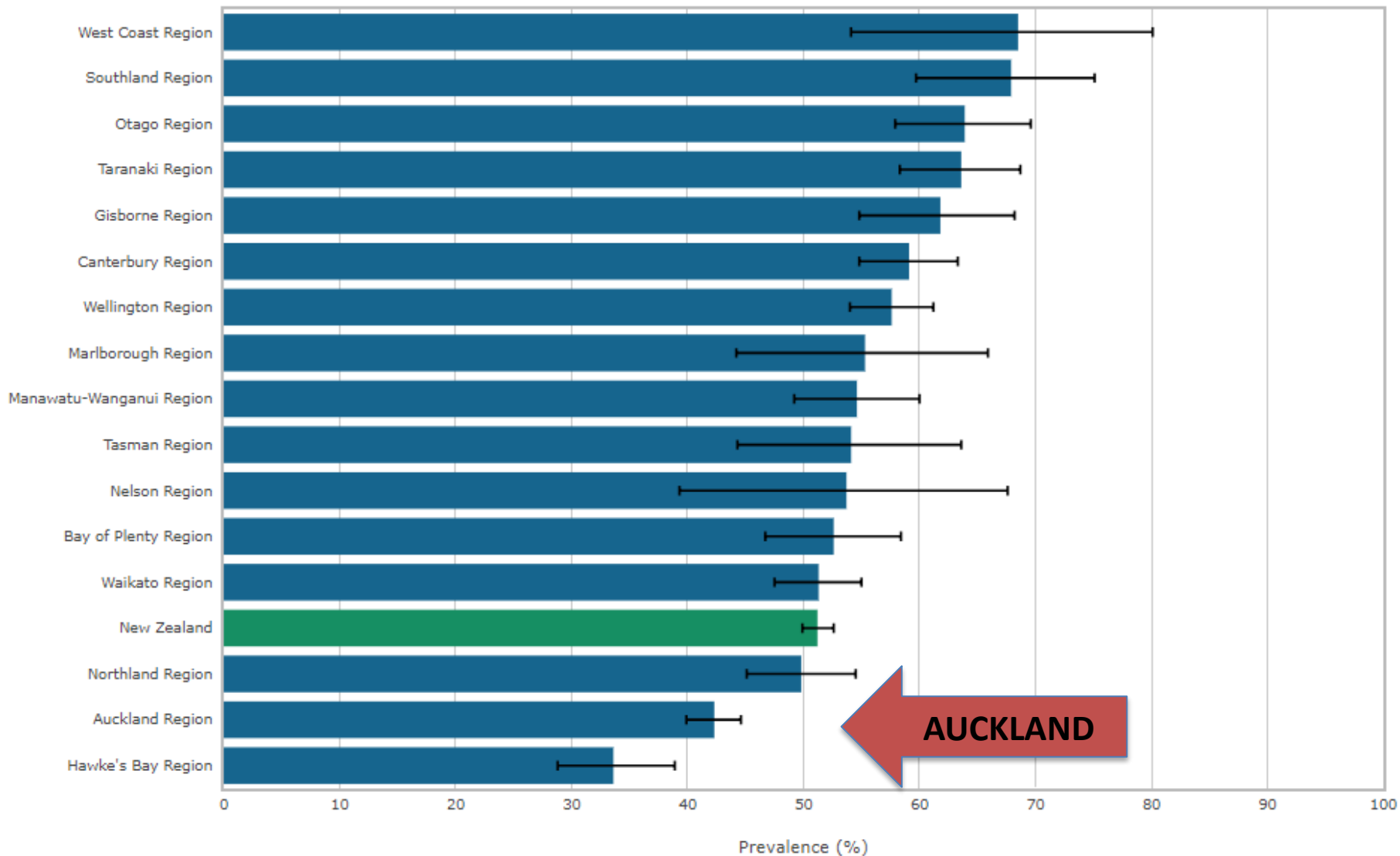
**healthy
families**
Waitakere
He oranga whānau

What proportion of NZ children meet fruit and vegetable recommendations?

Source: New Zealand Health Survey, Ministry of Health



Children (aged 2-14 years) eating 2 serves of fruit and 3 serves of vegetables daily



Source: 2016/17 New Zealand Health Survey



Aims of the research:

1. Identify current systemic barriers for children aged 2-14 years to meeting the FV guidelines
2. Catalyze action on equitable interventions which would improve children's nutrition by increasing FV intake.

1. Cognitive
mapping interviews
with national actors

System dynamics methods

2. Community
group model
building



Community group model building

Workshops with 17 members of West Auckland local community (parents, high school students, teacher, community leaders, public health nurse, supermarket employee, caterer) to create a causal loop diagram about barriers and solutions to FV intake in children.



Group model building

Workshop 1
Changes over
time in their
community

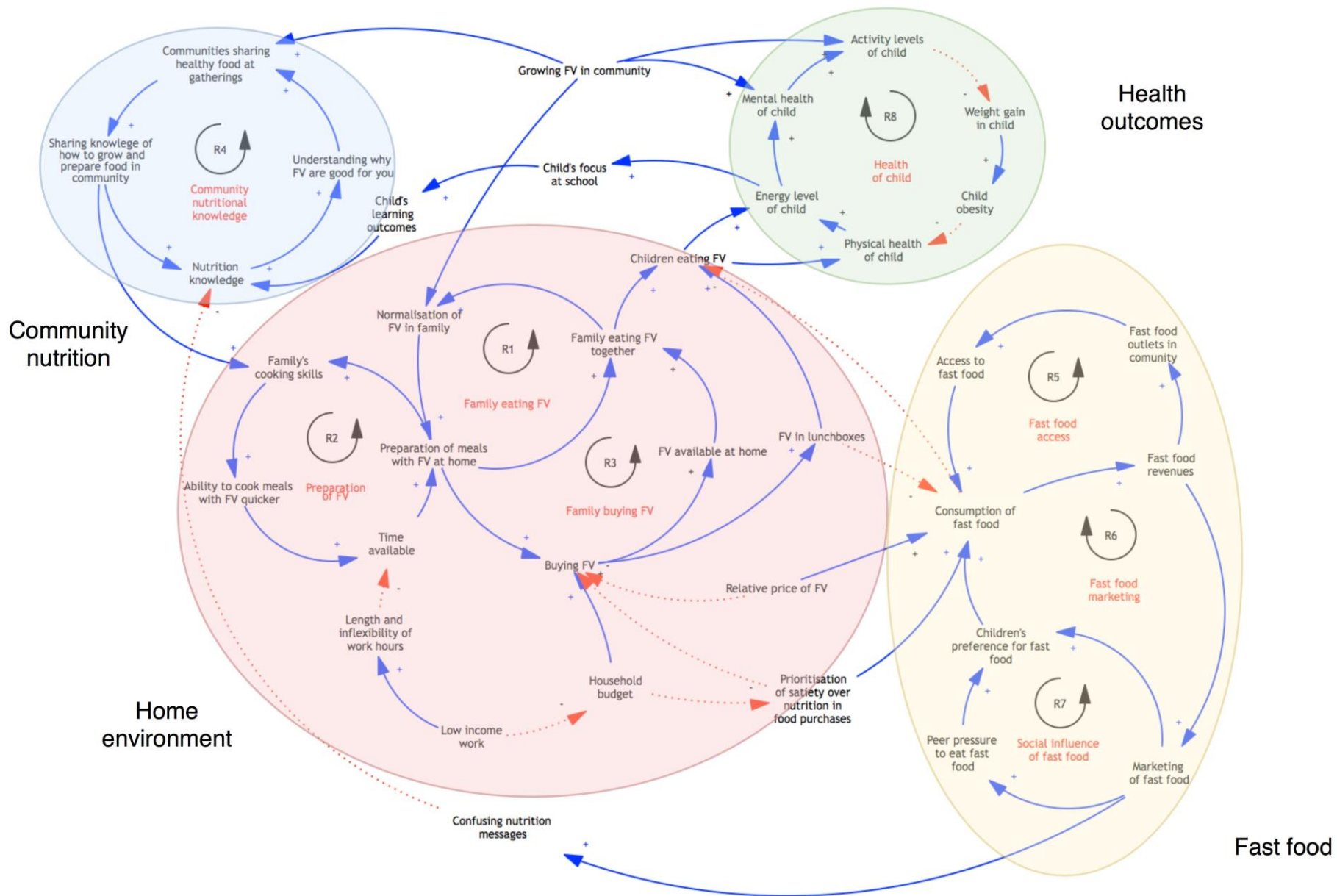


Workshop 2
Causality



Workshop 3
Points for
intervention





Community solutions

Sharing healthy
food at church
and marae

School trips to
supermarket to
learn about fresh
F+V

'Healthy living
bus' at
community
events

Change school BOT
food policies and more
children's books about
F+V

Community
workshops:

- Gardening
- Bootcamps
- Cooking
- Holistic
wellbeing

Talk to local MP
about the issue
and free fruit in
all schools

Community
licences/stickers
for healthy
outlets

Summary

Group model building process is successful at engaging research participants to explore barriers, and catalyzed local action to improve children's nutrition

Partnership key to success of the research - breaking the silos in academia and public health organisations

Recommendations:

- Extend free FV school programmes
- FV in early childhood and school curriculum
- Restrict fast food marketing and density of outlets in low socioeconomic neighbourhoods



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