

# RESPOND

Reflexive Evidence and Systems interventions to Prevent  
Obesity and Non-communicable Disease

The RESPOND project is an NHMRC funded initiative co-led by local communities and Deakin University.

RESPOND is all about a shared community response to support healthy children.

## AIMS

1. Empower community led actions to improve the health of children.
2. Evaluate the impact of community led actions.

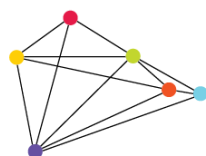


## Systems Thinking

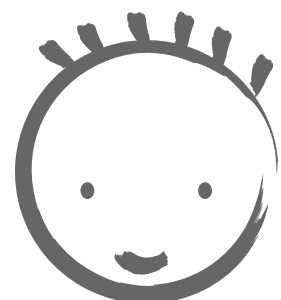
The RESPOND project is based on a systems thinking model which acknowledges that things that contribute to our health are often interconnected and occur at the same time.

Systems thinking processes assist communities to identify all the different things that contribute to poor health and consider actions that will lead to healthier communities.

The RESPOND project relies on the insights of the community to identify causes and what they would like to do to improve health outcomes for our children.



**Central Hume**  
Primary Care Partnership



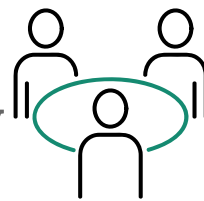
# RESPOND Process



## COMMUNITY WORKSHOPS

Community Leaders

Community Champions



- Diverse mix of leaders map things that contribute to children's health locally.
- Large sample of people from the community contribute to map.

## ACTION

- Community agree on actions to improve the health of children locally and form working groups.



## EVALUATION

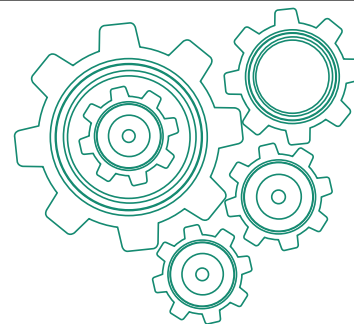


- Schools
- Social networks
- Community capacity (readiness, engagement)
- System maps tracked
- Case studies



## MOMENTUM

- Maintain engagement, commitment and continue to expand on actions for long term change.



If you have a passion for children's health and would like more information contact  
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