## Queensland Obesity Prevention Strategy 2023-2032 (working title)

health wellbeing Queensland

**Enablers for change** 

Investment in

prevention

intelligence

Research

**Evaluation** 

### THEORY OF CHANGE

The Theory of Change outlines how the actions will influence the systems associated with obesity and how the strategy will contribute to population level outcomes and impacts in the long term. A structured approach to monitoring and reporting will be developed to facilitate collective reflection, learning and evaluation.

## **Population level impact**

Sustainable and equitable improvements in diet, physical activity and healthy weight

People increase their physical activity and reduce their sedentary behaviour

People increase their consumption of healthy food and drinks and decrease their consumption of discretionary foods

More people maintain a healthy weight

Fewer people's health and wellbeing is impacted by unhealthy weight

### Outcomes

Outcomes needed for population behaviour change The food and physical activity systems make healthier options easier

People are empowered to adopt healthy lifestyle behaviours People have equitable access to effective prevention and supportive healthcare

People experience empathetic, nonstigmatising health and weight-related messaging

## **Instances of Impact** for individuals, communities, and organisations

## **Systems change**

The system that holds unhealthy weight, poor diet and physical inactivity in place is influenced

#### **Policies**

Government, institutional and organisational policies that can contribute to healthy weight are influenced

#### **Practices**

Best-practice preventive health programs and initiatives are equitably designed, implemented and evaluated

#### **Networks**

The networks of people, organisations and initiatives that can contribute to prevention and early intervention coordinate their efforts effectively

#### Mindsets

The way that higher body weight and the importance of prevention are understood, framed and communicated reduces stigma and supports effective action

# To read the complete Queensland

Obesity Prevention Strategy, please visit <a href="https://hw.qld.gov.au/">https://hw.qld.gov.au/</a> gueensland-obesity-preventionstrategy/

## **Ambitions**

Focus areas to drive action

and healthy environments

Empower people to stay healthy

Enable access to prevention, early intervention and care

Create supportive, sustainable

