THE LIFESTYLE INNOVATIONS BASED ON YOUTH KNOWLEDGE AND EXPERIENCE (LIKE) PROGRAMME

A systems dynamics and participatory action approach to promote healthy living and a healthy weight amongst 10-14 year old youth in Amsterdam

1. Needs Assessment: Inside perspective
   Aim: Understanding the system from a target group and stakeholder perspective using:
   - PAR groups (4 in primary schools; 4 in secondary schools)
   - Group Model Building sessions with stakeholders (currently in 3rd round of sessions)
   - Photovoice/go-along interviews in the community (6 completed)
   - Participant observations in the community (42 completed)
   - Participatory focus groups with children with obesity (in prep)

2. Needs Assessment: Outside perspective
   Aim: Understanding the system from an evidence-based perspective using:
   - Systematic literature reviews
   - Causal Loop Diagrams (CLDs)
   - Social Network Analysis (SNA)
   - Action Mapping
   - Interviews with healthcare professionals
   - Secondary data analysis

3. Pre-existing system
   Aim: creating an overview of the pre-existing system
   We are in the process of developing specific software (STICKE-3) to map and update the pre-existing system in real-time

4. Leverage points to change the system: 5 levels
   Using the Intervention Level Framework (ILF) we identify leverage points in the system, differentiating 5 levels (see pyramid). So far, this resulted in the identification of 12 mechanisms that form the basis for action development

5. Developing action ideas
   Based on identified leverage points, we will start implementing action ideas into the system. These actions can be differentiated into lead by:
   a. Target group (youth and families)
   b. Societal stakeholders (in Amsterdam East)
   c. LIKE consortium

6. Feedback into the systems
   Together, all action ideas form the dynamic action programme of LIKE. This programme is adaptive and keeps evolving over time based on system feedback using developmental systems evaluation

7. Follow up systems
   Feedback of action ideas in the system leads to several follow up system maps, that will form the basis of the LIKE evaluation in terms of:
   a. Adaptation of the actions
   b. Process of the actions (e.g., actions that are active, inactive or that were abandoned)
   c. Effect of the actions on different system levels
   d. Measures of systems change

COMBINING TWO PERSPECTIVES
Throughout the programme development and evaluation LIKE integrates two perspectives:
- Inside (interpretative) perspective: YOUTH and their families and societal STAKEHOLDERS
- Outside (post-positivist) perspective: ACADEMICS