

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

PROGRAMME LIKE

1 Needs Assessment: Inside perspective

Aim: Understanding the system from a target group and stakeholder perspective using:

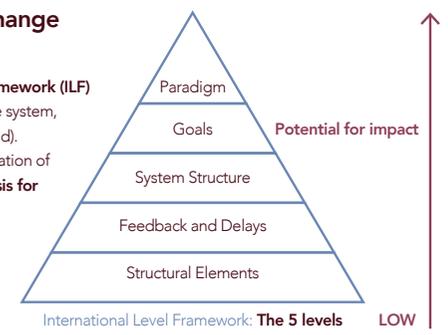
- PAR groups (4 in primary schools; 4 in secondary schools)
- Group Model Building sessions with stakeholders (currently in 3rd round of sessions)
- Photovoice/ go-along interviews in the community (6 completed)
- Participant observations in the community (42 completed)
- Participatory focus groups with children with obesity (in prep)

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**



3 SNAPSHOT CURRENT SITUATION

4 MECHANISMS FOR CHANGE

5 ACTION IDEAS

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:

- Adaptation of the actions
- Process of the actions (e.g., actions that are active, inactive or that were abandoned)
- Effect of the actions on different system levels
- Measures of systems change

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:

- Target group** (youth and families)
- Societal stakeholders** (in Amsterdam East)
- LIKE consortium**

6 FEEDBACK

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**

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



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**

1+2 RESEARCH

3 EVALUATION