

Psychology Workshop

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Thought provoking discussion around our understanding of the role of Psychology, Mental Wellbeing & Behaviour Change theory in the causal pathways of obesity.

How well do we truly understand the role of psychology in obesity? What is changing in this space, how are novel influences shifting the causal system and what does this mean for our actions and approaches at both the individual level and societal level?




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Living Well is a systems approach to addressing obesity.

It aims to enable the whole of the local system to **work together with coordinated actions** to make it easier for people living in our district to live healthier lives

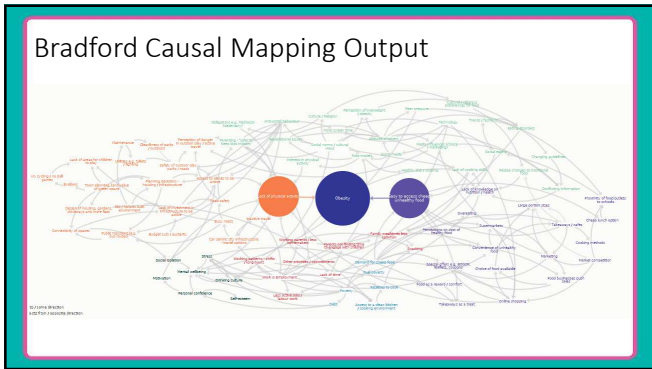



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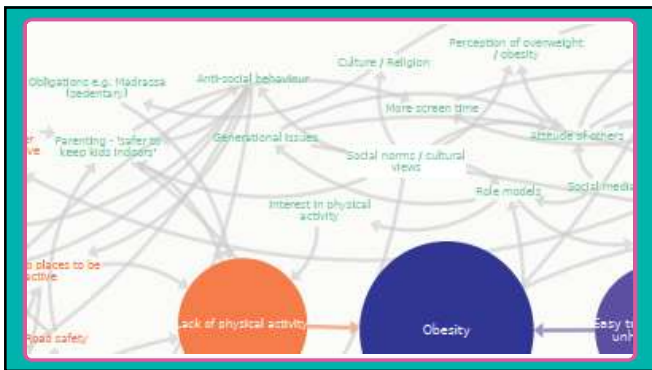
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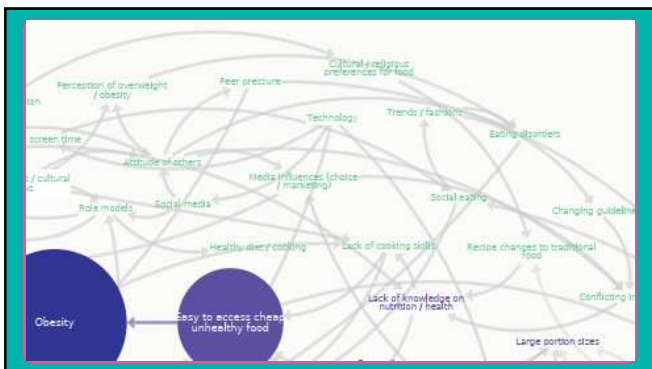
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Individuals

Bradford woman shares the real story about her 4.5 stone weight loss journey

Mrs Bensusan lost over four-and-a-half stone through a referral from the Living Well scheme funded by Bradford Council, a scheme which offers eligible residents 12 weeks of free support.

But, the weight loss journey has been far from perfect, Mrs Bensusan said.

"I'm not stepping into this role because my journey was perfect. I'm stepping into it because my journey was real," she said.

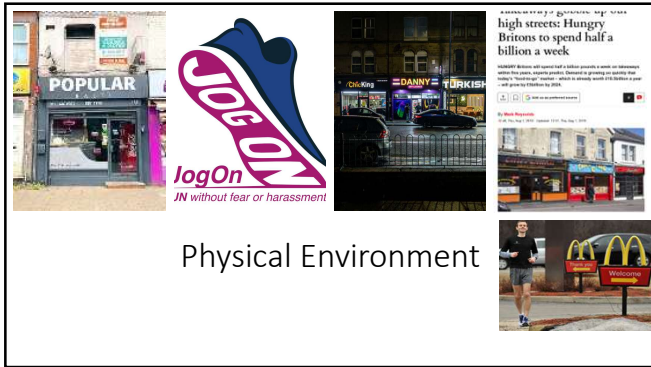
"Slimming World has come into my life during several different chapters, and each time I joined, I brought far more with me than just extra weight," said Mrs Bensusan.

"Looking back, I can see that my journey has never been simply about the number on the scales - it has been about confidence, self-worth, health, heartbreak, resilience, and ultimately, hope."

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Communities

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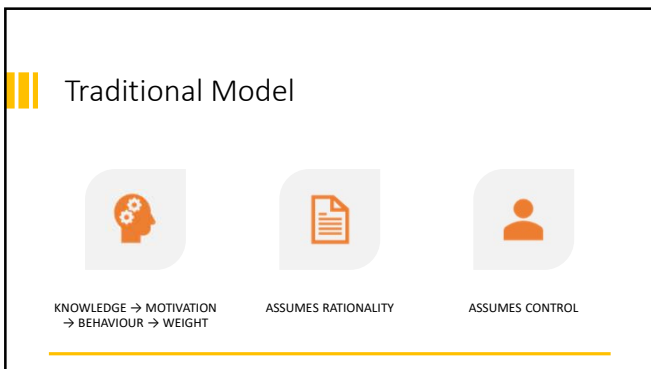


Physical Environment

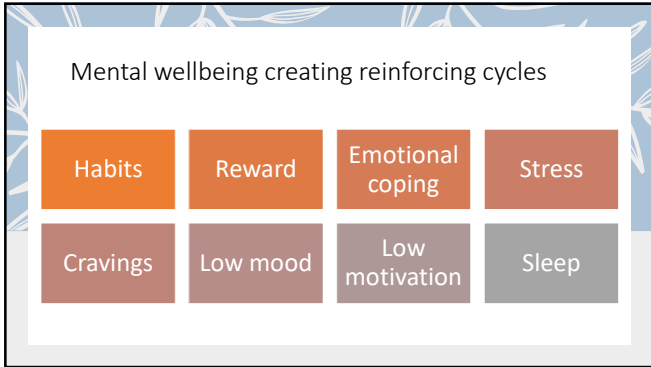
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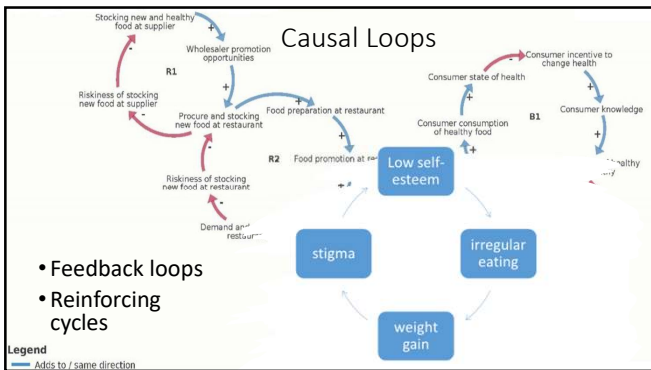
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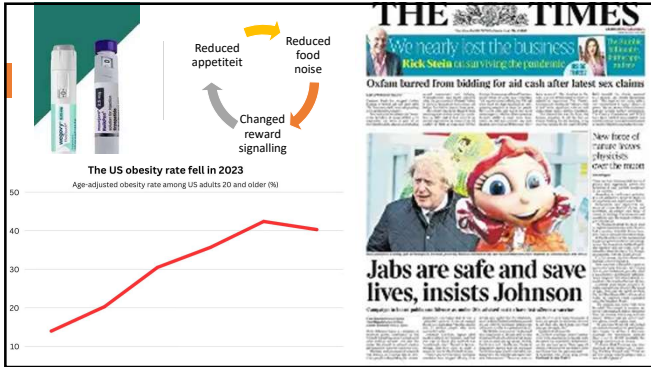
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Weight as a proxy for Health?

- “The Commission reinforces that obesity is a disease and not due to lack of motivation, willpower, discipline, or laziness. It is a biologically based medical condition and should be treated as such,” Kushner said.

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Behaviours are solely the output of the system? To what extent are they an input?

What are the key drivers shaping young people's eating behaviours?

What do medications mean for behavioural change theory?

How we communicate the complexity at the individual level? Health promotion messages to young people?

Role of biology vs psychology?

Where to intervene in the system?

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Thank you!

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