ANalysis Grid for Environments Linked to Obesity
ANGELO

Camperdown March 2011

Chad Foulkes

Acknowledgements and thanks to:

Boyd Swinburn, Steven Allender, Melanie Nichols and Emma Smitten

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overview

what is CO-OPS
why obesity
ANGELO
a chat

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overview

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WHO Collaborating Centre on Obesity Prevention

CO-OPS Collaboration
The Collaboration of Community-based Obesity Prevention Sites supports community-based obesity prevention initiatives

Goals
To identify and analyse the lessons learnt from a range of community-based obesity prevention initiatives aimed at tackling obesity.
To identify the elements that make community-based obesity prevention initiatives successful and share the knowledge gained with other communities.

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The CO-OPS Collaboration

Key activities:
- Advice and support service
- Collaborative network
- Professional development
- Evidence and analysis
- Web site
- Resources for planning, implementation and evaluation of community-based obesity prevention initiatives

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welcome
The Collaboration of Community-based Obesity Prevention Sites (CO-OPS Collaboration) is an initiative funded by the Australian Government Department of Health and Ageing which aims to support community-based obesity prevention initiatives through a collaborative approach to promoting best practice, knowledge translation and by providing networking opportunities, support and advice.

Our goals
- To identify and analyse the lessons learnt from a range of community-based obesity prevention initiatives aimed at tackling obesity.
- To identify the elements that make community-based obesity prevention initiatives successful and share the knowledge gained with other communities.

Learn more about us
View our most recent e-newsletter

Are you looking for project advice and support?
CO-OPS is available to offer guidance and support and will be able to assist you with any queries relating to project planning, evaluation, data collection, management and resources. If we don’t know the answer, we’ll endeavour to find it or put you in contact with someone who does.

We have the ability to connect you to many other individuals working on community-based obesity prevention initiatives and have access to a wide variety of resources. For advice and support services please contact our Knowledge Broker or Program Evaluator.

latest news & events
Evidence-informed public health advice
The Cochrane public health group are coordinating a 2-day short-course; “An introduction to Evidence-Informed Public Health” on Tuesday 5th and Wednesday 6th of April 2011. The course is being conducted in collaboration with the Department of Health Victoria and the Victorian Health Promotion Foundation (VicHealth).

Read more
Eat well be active: Find out what worked

South Australia Health is about to release the final evaluation report of the Eat well be active (ewba) Community Programs.

The programs aimed to promote healthy eating and physical activity among children and young people (0-18 years) in two geographically defined communities, in multiple settings using a range of strategies.

ewba successfully implemented and evaluated a multi-strategy, multi-setting community development approach to childhood obesity prevention in South Australia, with evidence of effectiveness in promoting healthy weight.

Mixed-method evaluation included a quasi-experimental design to compare changes observed in ewba intervention and comparison sites.

Key findings include:
• Marked improvements in preschool children’s weight status in the ewba sites
overview

what is CO-OPS

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Why obesity?

ABS National Health Survey 2007-2008 and previous
Obesity Prevalence - inequalities

Prevention of cardiovascular diseases, diabetes and chronic kidney disease (AHIW 2009, Cat. no. PHE 118)
Secondary School Students

National Secondary Students’ Diet and Activity (NaSSDA) survey 2009-10
Must and Strauss. *Int J Obes Relat Metab Disord*. 1999;23 Suppl 2: S2-11
Excess body fat is a risk factor for cancers:

- Convincing evidence
  - Colorectum
  - Kidney
  - Pancreas
  - Oesophagus
  - Endometrium
  - Breast (post-menopausal women)

- Probable evidence
  - Gallbladder

- Limited evidence
  - Liver


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## Conditions and Determinants

<table>
<thead>
<tr>
<th>Condition</th>
<th>Obesity</th>
<th>Poor Nutrition</th>
<th>Physical Inactivity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Osteoarthritis</td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Coronary Heart Disease</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Depression</td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Type 2 Diabetes</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Osteoporosis</td>
<td></td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Stroke</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
</tbody>
</table>

Australia’s Health 2010
Additionally...

- Infertility
- Stress
- Fatty liver disease
- Overweight
- Sleep apnoea
- High cholesterol
- Impotence
- Hypertension

Measure Up. Department of Health and Ageing. 2010

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overview

what is CO-OPS

why obesity

ANGELO

a chat
ANGELO – What is it?
ANGELO – What is it?

ANGELO is an acronym
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ANGELO is an acronym
ANalysis
Grid for
Environments
Linked to
Obesity

www.co-ops.net.au
ANGELO – What is it?

ANGELO is an acronym
ANalysis
Grid for
Environments
Linked to
Obesity

...thankfully it’s much more than just an acronym

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ANGELO – What is it?

The ANGELO framework is a tool developed to help communities analyse the environmental influences affecting their physical activity and eating patterns...

...and then to work out which factors they can more readily alter

Moodie, M., 2007, Living in an obesegenic environment

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ANGELO – where it has been used

Population level
Fiji
Tonga
Australia
New Zealand
Pacific Islands
Torres Strait Islands

Settings/sector level
Fast food outlets in
New Zealand

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ANGELO – a 4 stage process

1. Sociocultural analyses
2. Stakeholder engagement
3. Workshop & prioritisation
4. Action Plan
ANGELO – Stage 1 of 4

Sociocultural analyses

Sociocultural analyses to identify barriers to:

Healthy eating
  -i.e. traditions of over-eating at social occasions

Physical activity
  -i.e. expectations for girls to do house-work rather than play sport
ANGELO – Stage 1 of 4

Sociocultural analyses

Sociocultural analyses was undertaken using:

Semi-structured interviews
- Conducted by an interviewer fluent in the language of the participant

Focus groups
- Gender
- Culture

Analysis of peer review literature

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ANGELO – Stage 1 of 4

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ANGELO – Stage 2 of 4

Stakeholder engagement

Stakeholder engagement:

Governments, agencies, NGO’s, community groups and citizens

- Complete ANGELO grid
- Agree on environments to be ranked at the workshop
- Assess information and wording of documents for cultural appropriateness
- Assist in the design of the prioritisation workshop (stage 3)
- Usually continue involvement in a governance or delivery role once interventions commenced
- Participate in the workshop

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**ANGELO – Stage 2 of 4**

Stakeholder engagement

**ANGELO Framework** (Analysis Grid for Environments Linked to Obesity)

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### ANGELO – Stage 2 of 4

**Stakeholder engagement**

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<td>Food</td>
</tr>
<tr>
<td>Physical</td>
<td>School canteen</td>
<td>Government Policy</td>
</tr>
<tr>
<td>Economic</td>
<td>Sports facilities</td>
<td>Sports facilities in the area</td>
</tr>
<tr>
<td>Policy</td>
<td></td>
<td></td>
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**Stakeholder engagement**

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<td></td>
<td>Food PA Activity</td>
<td>Food PA Activity</td>
</tr>
<tr>
<td>Physical</td>
<td>School canteen PA</td>
<td>Availability of food PA</td>
</tr>
<tr>
<td>Economic</td>
<td>School profits from canteen PA</td>
<td>No funds for sport equipment PA</td>
</tr>
<tr>
<td>Policy</td>
<td></td>
<td>School/Gov not funding facilities PA</td>
</tr>
<tr>
<td>Socio-cultural</td>
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<td></td>
<td><strong>School profits</strong></td>
<td>Sports facilities in the area</td>
</tr>
<tr>
<td></td>
<td>No funds for</td>
<td>Unhealthy food is cheaper</td>
<td>School/Gov not funding facilities</td>
</tr>
<tr>
<td></td>
<td>from canteen</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Policy</td>
<td>No food provision</td>
<td><strong>No policy to provide</strong></td>
<td>No government policy</td>
</tr>
<tr>
<td></td>
<td>guidelines</td>
<td>sports equipment</td>
<td>No access to other sporting facilities</td>
</tr>
<tr>
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Swinburn et al Prev Med 1999

[www.co-ops.net.au](http://www.co-ops.net.au)
ANGELO – Stage 2 of 4

Stakeholder engagement

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<td>Policy</td>
<td>No food provision guidelines</td>
<td>No policy to provide sports equipment</td>
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<tr>
<td>Socio-cultural</td>
<td>Healthy food seen as boring</td>
<td>Students not encouraged to play</td>
</tr>
</tbody>
</table>


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ANGELO – Stage 2 of 4

Stakeholder engagement

List environments for prioritisation

Stakeholders list all environments from the Analysis grid under 4 groupings knowledge, skills, behaviours and settings
ANGELO – Stage 3 of 4

Workshop & prioritisation

Workshop – Day 1

Information

- Rankings undertaken on each category: behaviour, knowledge, skills, settings
- Rank importance and changeability
- Impact x changeability = total score
- In the case of a tie discussion is needed to choose which is the greater priority
- Priorities now evident in each category

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ANGELO – Stage 3 of 4

Workshop & prioritisation

Workshop – Day 2

Prioritisation process
- Rankings undertaken on each environment
- Rank importance and changeability
- Score of importance x changeability = total score
- In the case of a tie discussion ensues to choose to determine the greater priority
- Priorities now evident in each category

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Add examples of scoring sheet used in ANGELO processes
ANGELO – Stage 4 of 4

Action Plan

Priorities are turned into objectives (what will be achieved) with a number of strategies (how it will be achieved)

<table>
<thead>
<tr>
<th>Objective</th>
<th>Strategy</th>
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</table>
| **Active Play**            | After School Activity Program  
                              | Redevelopment of three local parks  
                              | Be Active Arts (an after-school program) |
| **Hot Chips**              | Pilot an incentive program for local retailers  
                              | encouraging the use of healthy oils and low fat cooking techniques |
| **Happy Healthy Families** | Develop a healthy lifestyle group for parents of young children  
                              | Pilot the program  
                              | Continue to conduct the program four times per year and evaluate it regularly |

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ANGELO – what next...

ANGELO processes conducted by Deakin have resulted in interventions which have lasted from 1-5 years.

Interventions implement the action plans
ANGELO – recap

- ANGELO stands for ANalysis Grid for Environments Linked to Obesity
- ANGELO exists to help communities analyse the environmental influences affecting their physical activity and eating patterns
- ANGELO is a four stage process
  1. Sociocultural analyses
  2. Stakeholder engagement
  3. Workshop & prioritisation
  4. Action Plan

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ANGELO – summary

At the end of the ANGELO process there are:

- Community identified environments for change and set priorities
- Agencies have community developed action plans and agreement from participants on what to implement
- Researchers get settings in which to research

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ANGELO – in other health settings

ANGELO in other health settings

- Smoking
- Alcohol & other drugs
- Sun-smart
ANGELO – in other settings

ANGELO in contested public spaces
- Natural Resource Management
- Environmental Policy making
- Local infrastructure issues
- Land-use planning

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ANGELO – Stage 2 of 4

Stakeholder engagement

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Swinburn et al Prev Med 1999
- Prevention of cardiovascular diseases, diabetes and chronic kidney disease (AHIW 2009, Cat. no. PHE 118)
overview

what is CO-OPS
why obesity
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a chat
What does CO-OPS do again?
Tools and resources available to your work

Welcome

The CO-OPS (Cooperative Obesity Prevention System) is a collaboration funded by the Australian Government Department of Health and Ageing to support community-based obesity prevention initiatives through a collaborative approach to promoting best practice, knowledge translation and providing networking opportunities, support and advice.

Our goals

- To identify and analyse the lessons learnt from a range of community-based obesity prevention initiatives aimed at tackling obesity.
- To identify the elements that make community-based obesity prevention initiatives successful and share the knowledge gained with other communities.

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We have the ability to connect you to

latest news & events

Evidence-informed public health course

The Cochrane Public Health group are coordinating a 2-day short-course: 

"Introduction to Evidence-informed Public Health" on Tuesday, 5th of April 2011.

This course is being conducted in collaboration with the Victorian Health

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Best Practice Principles for Community-based Obesity Prevention

- Best practice processes for...
  - Engaging communities
  - Program design and planning
  - Implementation and sustainability
  - Evaluation
  - Governance and transparency

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CO-OPS Collaboration Resources

Search the CO-OPS Resource Library

Search: [Keyword Search] [Browse All Tools]

General Resource Type
Evaluation

Resource Category
Impact / Outcome Evaluation

Topic
(please select)

Age Group
Birth to 5 years (preschool)

Key Topics
Nutrition

What is the CO-OPS Resource Library?
The CO-OPS library is an online collection of resources to support community-based obesity prevention. These include tools for planning, implementation and evaluation of community-based obesity prevention activities and a range of supporting documents. The purpose of the library is to support new, emerging and existing projects to easily find the resources they need and hopefully avoid reinventing the wheel.

http://www.co-ops.net.au/Pages/Public/Resource_Library.aspx

www.co-ops.net.au
CO-OPS Collaboration Resources

Search the CO-OPS Resource Library

- Joba - Family Day Care Questionnaire
  Assessment of nutrition and physical activity environments, policy and practices in family day care settings.

- Joba - Long Day Care Questionnaire
  Assessment of nutrition and physical activity environments, policy and practices in long day care centres.

- Joba - Preschool Questionnaire
  Assessment of nutrition and physical activity environments, policy and practices in preschool.

- Family Day Care Environment Audit
  A self-completed survey for family day care providers. Investigates factors in the physical, policy, socio-cultural and economic environments related to healthy eating and active play.

- Kindergarten (Preschool) Environment Audit
  A self-completed survey for teachers of 4-year old kindergarten. Investigates factors in the physical, policy, socio-cultural and economic environments related to healthy eating and active play.

- Long Day Care Environment Audit
  A self-completed survey for directors of long day care centres. Investigates factors in the physical, policy, socio-cultural and economic environments related to healthy eating and active play.

- Parent Survey - Computer Adapted Telephone Interview

- Young Children's Eating and Activity Survey
  Brief parent-completed survey of eating and activity behaviours for preschool aged children.

http://www.co-ops.net.au/Pages/Public/Resource_Library.aspx
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