



## What we learnt about how to use this method

This method has been used in mapping the causes and drivers of problems such as obesity.<sup>2</sup> We demonstrated that this method can also be used to map other systemic problems such as those identified in the Prevention Tracker project.

It is important to have diverse perspectives and stakeholders in the workshop to build the causal loop diagram. This approach built a shared understanding of the issues identified. It was clear from participants' comments that learning about the system worked best by participating in the creation of the causal loop diagram, rather than viewing the causal loop diagram once it had been created.

## What we learnt about the system

This tool enabled us to learn more about the causes and drivers of the local problems identified in the Prevention Tracker communities. Participants in the group model building in each community were able to draw on their rich understanding of the local environment to contribute insights into the prevention system, as well as the wider community systems which impact on prevention. The process of creating the causal loop diagram led to participants identifying, discussing and in some cases contesting the role and significance of factors in the system, as well as the dynamic relationships between the parts of the system. Having a range of perspectives ensured a more robust process.

## Where to go if you need more information

Visit our website to access a series of factsheets on the Prevention Tracker project covering topics such as group model building, key informant interviews, social network analysis, system action learning. Click on the Resources tab at: <https://preventioncentre.org.au/our-work/research-projects/learning-from-local-communities-prevention-tracker-expands/>

If you require more information on group model building, contact The Global Obesity Centre at Deakin University: [www.globalobesity.com.au](http://www.globalobesity.com.au)

## References

1. Williams B and Hummelbrunner R. Systems concepts in action: A practitioner's toolkit. Stanford, CA: Stanford University Press. 2010.
2. Allender S, Owen B, Kuhlberg J, Lowe J, Nagorcka-Smith P et al. A Community based systems diagram of obesity causes. PLOS ONE. 2015:10(7).



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