



Whole-of-systems approaches to physical activity

Key messages

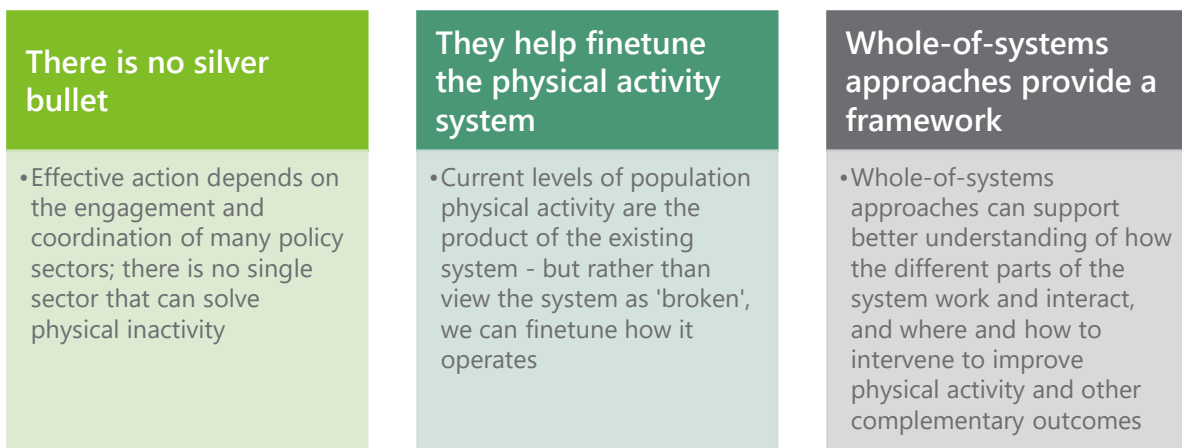
- Physical inactivity is a complex problem and there are no simple, single solutions.
- Effective action requires an integrated, system-wide approach in consultation with policy makers and stakeholders from multiple sectors.
- A whole-of systems approach highlights the inter-relationships, interactions and various perspectives in the systems that influence physical activity. It helps policy makers understand how different parts of the systems work and interact, and how and where to intervene to improve physical activity.
- Whole-of-systems approaches are built on a participatory process that brings together best available evidence, data and expert and local knowledge, enabling stakeholders to better align agendas for action.

What is a whole-of-systems approach for physical activity?

A useful metaphor for understanding whole-of-systems approaches is that of a bicycle.

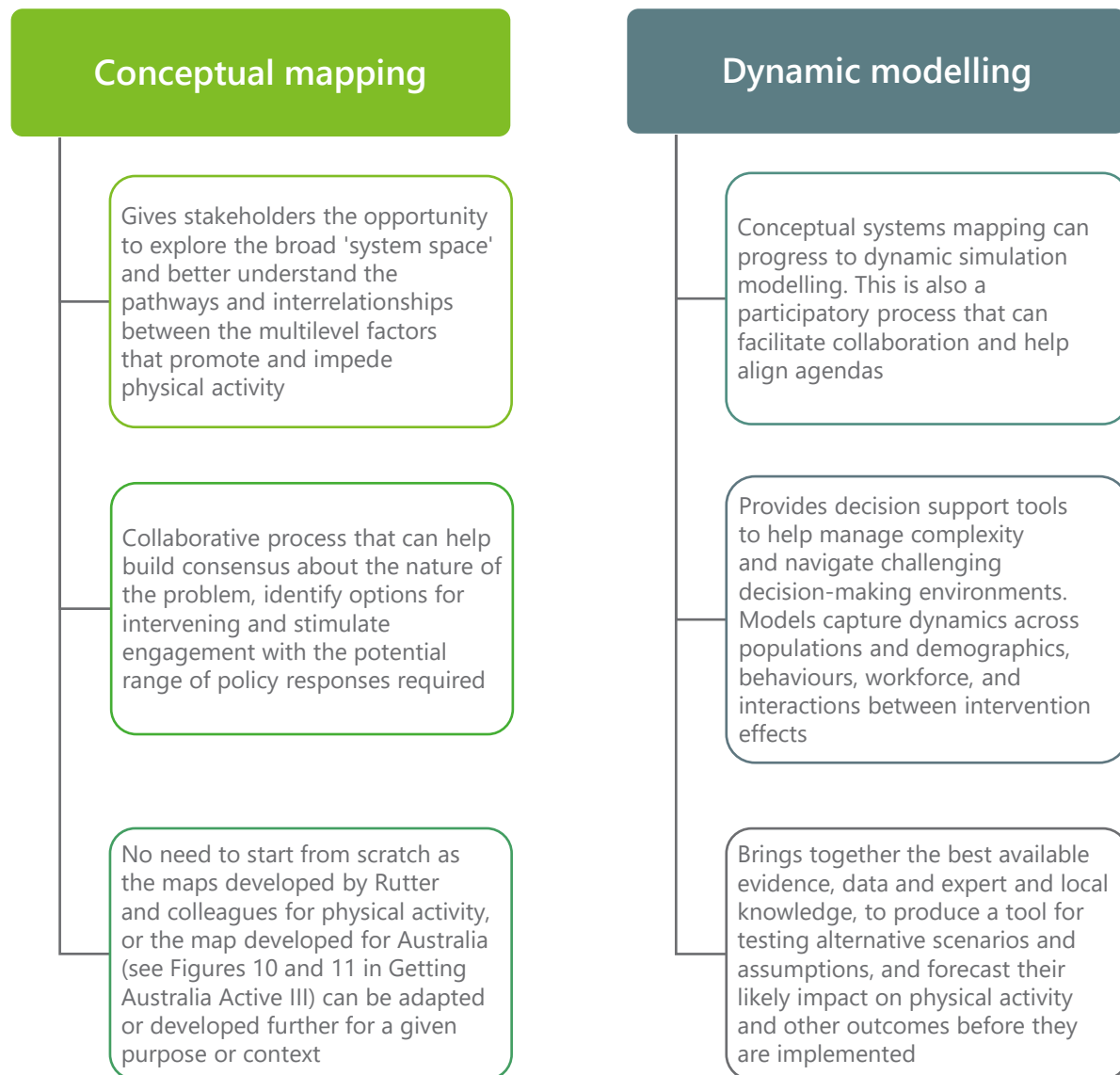


Why are whole-of-systems approaches important for physical activity?



How can I apply whole-of-systems approaches to physical activity?

There is a continuum of approaches to whole-of-systems thinking, ranging from conceptual mapping through to dynamic modelling.



Getting Australia Active III (GAA III) is an Australian guide for policy makers to support the implementation of a whole-of-systems approach to increasing population physical activity. This policy brief summarises key points from **Chapters 2.1 and 2.2** of this guide. For more detailed guidance and supporting evidence, you can access the full report at: preventioncentre.org.au



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