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| **Action** | **Brief description** | **Optimistic schedule** | **Foreseen Barriers / Risks** | **Proposed Mitigations** | **Recommended Resources** |
| Involve communities in identifying assets and insight that might help tackle obesity. | Using community insight is characteristic of a whole system approach. If you use it well, it can be transformative.    Look for insight on people’s challenges to healthy eating and activity.  Look for insight on what local people want seen done about it  Look for insight on how people experience current services.  Look for local anchor organisations with a propensity to support whole system interventions.  Recruit stakeholders for duration of the approach. | Week 3-Week 8 | Meaningful community engagement takes time, resource and forethought. | Look at data from recent consultative exercises. Look within local systems to identify existing community insight and collate it for this purpose.  Decide if there’s time enough to collect what’s needed. If not, schedule further opportunity for community insight.  Consult your area’s third sector interface or existing healthy weight partnership.  Try to get community members (and anchor and third sector organisations) to attend your workshops and join your systems network. They can bring their community insight to bare on to each and every decision. They can do this in person and first-hand.  If you do seek to run new community insight studies/consultations, work out approximately who you want to consult, for what purpose and when. Decide what consultation must take place before workshop 1, and what would still be worthwhile later to inform workshop 2. | Approach your area’s community engagement and community development personnel for help.  [Community Food and Health Scotland](https://www.communityfoodandhealth.org.uk/wp-content/uploads/2018/10/Catriona-Rooke-Food-Insecurity-in-Scotland-Final.pptx) and [CHEX](http://www.chex.org.uk/) will have significant expertise in the area.  The [Place Standard](https://www.placestandard.scot/) is a way of assessing places.  PHE have produced a [resource](https://khub.net/web/phe-national/public-library/-/document_library/v2WsRK3ZlEig/view_file/221538539?_com_liferay_document_library_web_portlet_DLPortlet_INSTANCE_v2WsRK3ZlEig_redirect=https%3A%2F%2Fkhub.net%3A443%2Fweb%2Fphe-national%2Fpublic-library%2F-%2Fdocument_library%2Fv2WsRK3ZlEig%2Fview%2F221359434%3F_com_liferay_document_library_web_portlet_DLPortlet_INSTANCE_v2WsRK3ZlEig_navigation%3Dhome%26_com_liferay_document_library_web_portlet_DLPortlet_INSTANCE_v2WsRK3ZlEig_deltaFolder%3D%26_com_liferay_document_library_web_portlet_DLPortlet_INSTANCE_v2WsRK3ZlEig_orderByCol%3DmodifiedDate%26_com_liferay_document_library_web_portlet_DLPortlet_INSTANCE_v2WsRK3ZlEig_curFolder%3D%26_com_liferay_document_library_web_portlet_DLPortlet_INSTANCE_v2WsRK3ZlEig_curEntry%3D1%26_com_liferay_document_library_web_portlet_DLPortlet_INSTANCE_v2WsRK3ZlEig_orderByType%3Dasc%26p_r_p_resetCur%3Dfalse%26_com_liferay_document_library_web_portlet_DLPortlet_INSTANCE_v2WsRK3ZlEig_deltaEntry%3D20) on this.  I will also provide examples from people who have used qualitative data to explain their experience of the systems that determine their diet and healthy weight. |