

Tackling Obesity + T2 Diabetes

The Obesogenic Environment

Network dynamics and system changes

A network of networks but also a *hierarchy*.

Dampening or amplifying effects mean not all networks are of equal influence: large perturbations can have small effects / small perturbations can have large effects.

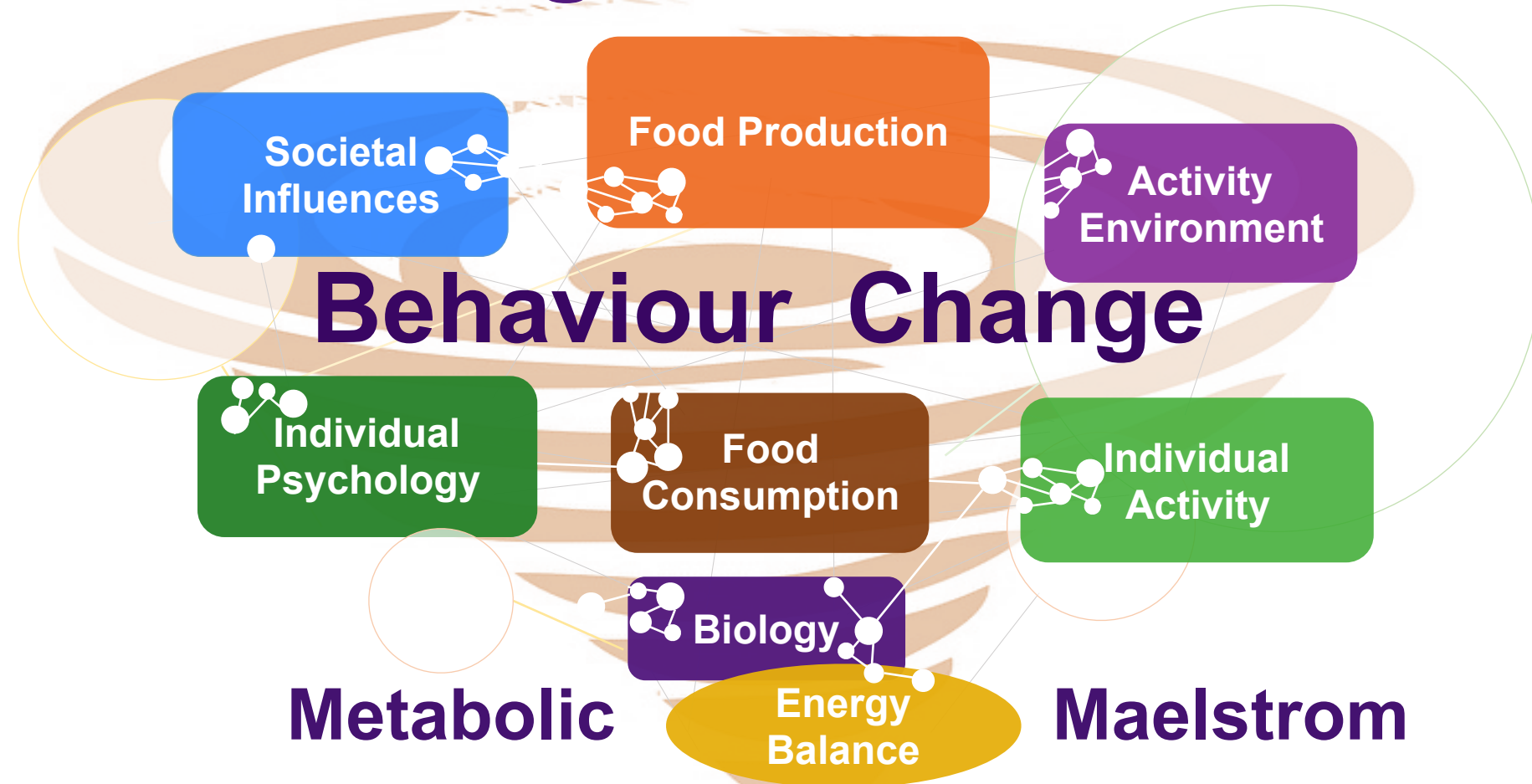
We all live in the obesogenic environment. Individuals get obese and/or diabetic.

The points of leverage in the system which help prevent individuals succumbing to the maelstrom are not the same for everyone, and not the same as reversing the system.

'There is no recipe, formula, standard approach or evidence-based 'best practice' for bringing about changes in systems. Instead the challenge appears to be to detect system components and connections between them, understand the behaviour of the system, and identify points of leverage in order to drive transformation.'
Tsisis et al 2012

References:

1. *Foresight*, 2007. Tackling obesity: future choices
2. Tsisis P, Evans JM, Owen S. Reframing the challenges to integrated care: a complex-adaptive systems perspective. *International Journal of Integrated Care*. 2012;12:e190.
3. Sieberts SK, Schadt EE. Moving toward a system genetics view of disease. *Mammalian Genome*. 2007;18(6-7):389-401



Obese and/or diabetic individual