

Establishing a network of community-based obesity prevention interventions in Australia



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Overview

- Rationale for a national collaboration
- Introducing CO-OPS
- Establishing the network
- Achievements to date
- Future directions



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The CO-OPS Collaboration

- > 30 major community obesity prevention initiatives around Australia
 - mainly in children and adolescents
- Differing interventions, evaluations, tools
- Many lessons are being learned in isolation
- Need systematic approach to collaborative efforts
 - Identifying and supporting best practice
 - Sharing tools and resources
- Collaborative approach to create the future for community-based obesity prevention

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The CO-OPS Collaboration

- **C**ommunity-based **O**besity **P**revention **S**ites
- DoHA funded 2008 – 2011
- Deakin, Melbourne and Sydney Universities
- National collaborative network for practitioners, researchers and funders:
 - 'Best practice principles'
 - An operational framework for effective action
 - A collaboration network
 - Systems for learning from each other
 - Evidence quality & analysis systems
 - Knowing what works, for whom and why
 - Knowledge translation & exchange
 - Knowledge exchange and training

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Definitions

- 'Community based'
 - Organisations engaging settings at a local level
 - NOT higher level policies, social marketing at state/national level
 - Could be centrally organised, locally delivered
- 'Obesity prevention'
 - Promotion of healthy eating and PA which could be expected to influence energy balance
 - Reducing the risk of unhealthy weight gain
 - NOT clinical or weight loss programs
- 'Initiatives'
 - Programs/activities – loosely defined

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CO-OPS Structure

- Secretariat (Deakin)
 - Director, Knowledge Broker, Program Evaluator, Administrator/web manager
- Steering Committee
 - Dept of Health and Ageing: Debbie Hurlbut, Sandra Alexander
 - University of Sydney: Tim Gill and Lesley King
 - University of Melbourne: Liz Waters and Rachel Clarke
 - Deakin University: Boyd Swinburn and Steven Allender
- Advisory committee
 - Steering Committee plus national representatives from community-based obesity prevention initiatives

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Establishing the Network

- Finding the network – identifying initiatives
 - Known initiatives
 - Federal, state and territory health departments
- Building and expanding the network
 - National workshop
 - Website and member newsletter
 - National consultations, site visits and conference presence
- Future
 - National 'audit'
 - Rural and remote focus
 - Continue and expand existing activities

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Key Achievements

- Network: >500 members
- Website
 - Increasing use and registration
 - Resource library
 - Discussion forums
- Best Practice Principles for Community-based Obesity Prevention
- Practitioner-led Evidence Summaries
- Professional development and networking
 - State-based seminars
 - National Workshop
- Advice and support

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The screenshot shows the homepage of the CO-OPS collaboration website. It features a navigation menu with links for 'home', 'about us', 'news', 'links', and 'contact'. There is a login section with fields for 'Email Address' and 'Password', and a 'Remember me' checkbox. A 'welcome' message is displayed, along with a 'register with CO-OPS' button. The page also includes sections for 'Our goals', 'Are you looking for project advice and support?', and 'New Staff at CO-OPS'.

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Website

Visits - 2009

- >75% of visitors 'add to favourites'
- Most access is 'direct' (~50%)
- Range of international users
- Most popular: BPP, resource library and professional development

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The Future

- National Workshop – 26th and 27th November, Etihad Stadium
 - Sharing case studies and best practice
 - Networking
 - Skill development workshops
 - Setting the agenda for CO-OPS
 - Registration extended to Friday 30th October – limited places still available
- Best Practice in rural areas
- Research – obesity monitoring systems
- Mandate to consult and travel, to source and develop relevant resources

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