

# RESPOND-ing to the root causes of childhood health and wellbeing.



## A Complex Issue

Childhood obesity has emerged as a complex health issue in north east Victoria, influenced by a range of social, economic, and environmental determinants.

## RESPOND

RESPOND (Reflexive Evidence and Systems interventions to Prevent Obesity and Non-communicable Disease) is a National Health and Medical Research Council (NHMRC) funded Partnership Project, 2018 to 2023, led by Professor Steven Allender, Deakin University.

A supported, community-led approach, to better understanding and addressing local determinants, utilising systems science and underpinned by principles of collaboration and collective impact.

## Lessons

Working with the Brains Trust ensures community voice is at the forefront.

The Brains Trust is an innovative approach to governance which is a dynamic and evolving process.

## Wodonga RESPOND Brains Trust

## Action

To ensure community driven decision making for action ideas, a Wodonga RESPOND Brains Trust was formed. The Brains Trust was developed by building on existing relationships, and working with the participants to grow new engagement.

Brains Trust members represent disability, schools, business, community foundations, Aboriginal community-controlled health organisation, local council and LGBTIQ+ communities. The Brains Trust provide a high level of decision-making capacity in their current roles, and are well-connected in the community beyond their jobs.

## Action

The Brains Trust provide frank and fearless advice to drive forward community identified initiatives that are outside the box such as sleep health seminars, and community advocacy training.

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People living well