

# Introduction to the Mapping

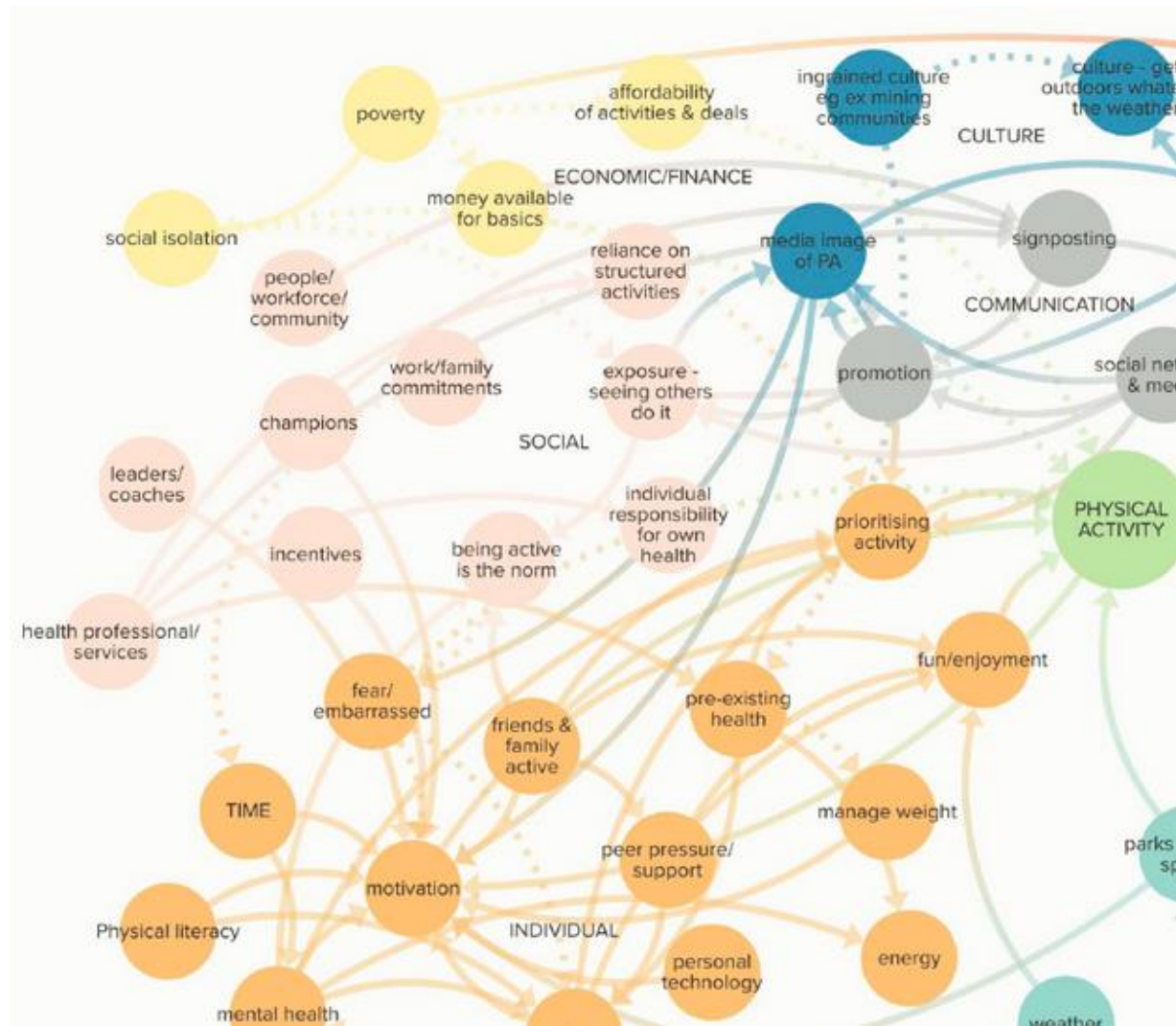
February 2021

## Aim of the review – supporting the development of our ‘whole systems’ mapping

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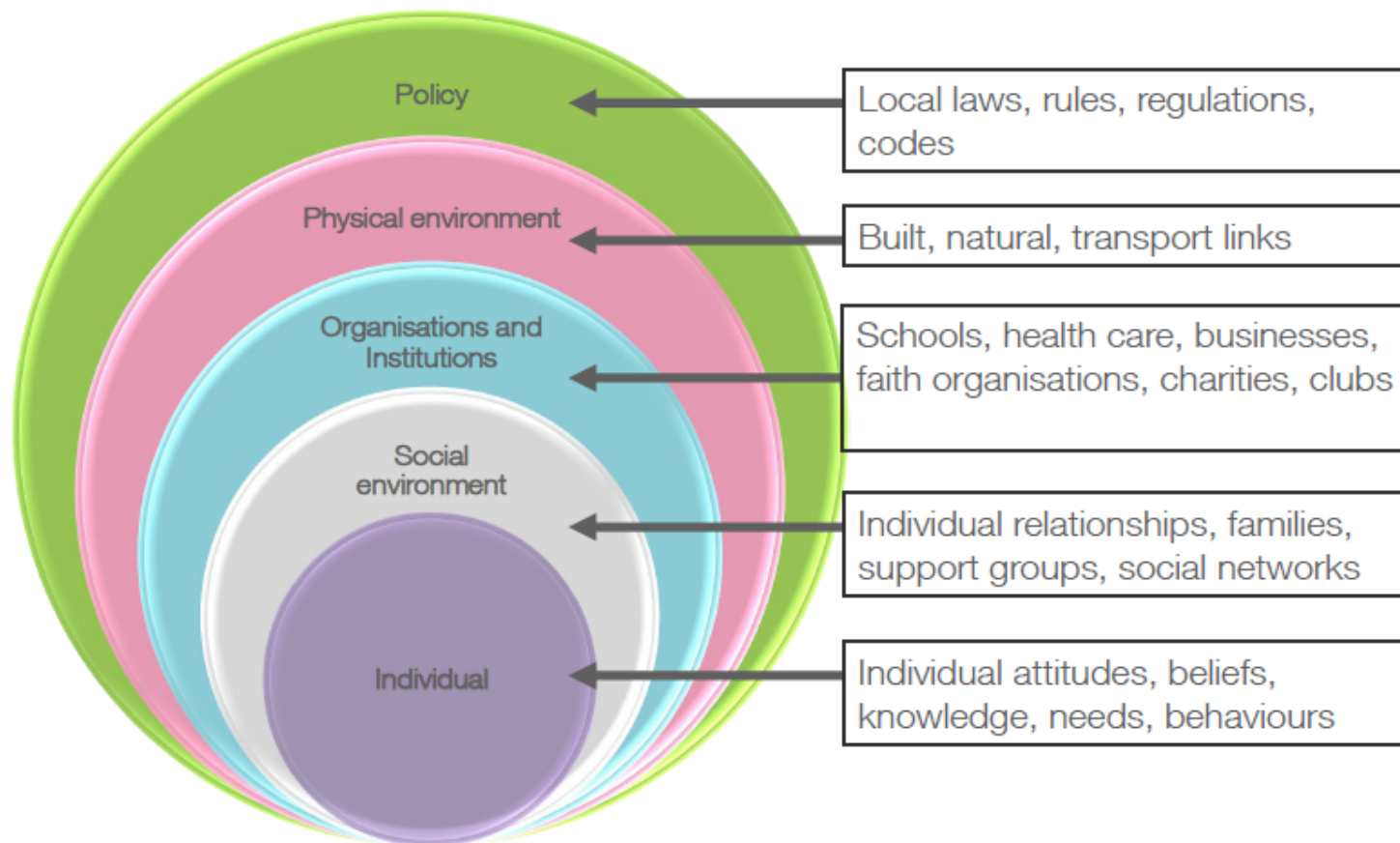
- ❑ A system - a collection of interdependent and interconnected parts.
- ❑ If something happens to one part of the system, other parts of the system will be affected.
- ❑ Systems Map - visually shows how the local drivers of the ‘walking’ or ‘walking inactivity’ system’ are linked.
- ❑ Sometimes referred to as ‘influence diagrams’ - show how variables coexist and help with interventions.
- ❑ Our aim - develop a system map that provides a ‘whole systems’ view of the determinants of walking in Derbyshire.
- ❑ Focus on those who are inactive/don’t walk much.

# An example of a part of a systems map



# 1. Sport England – Local Delivery Pilots

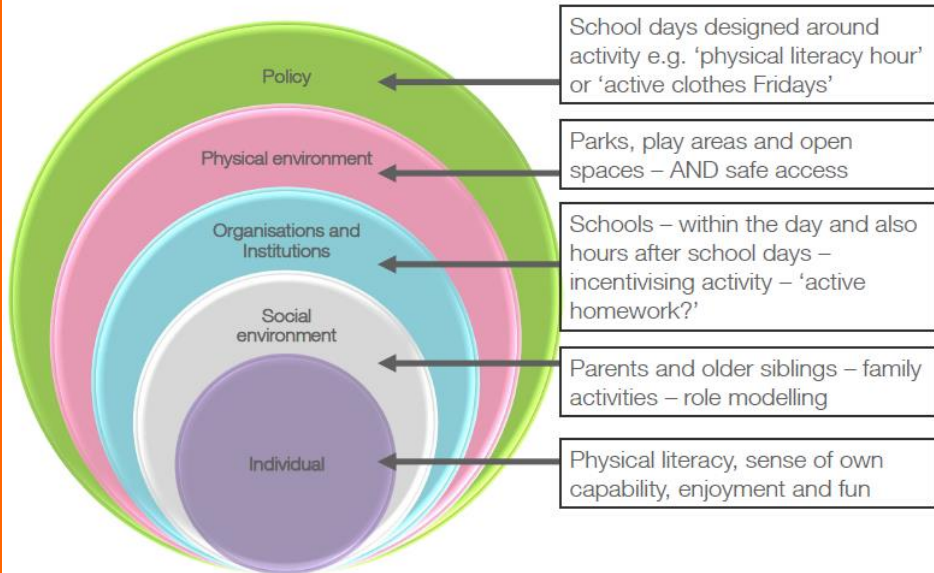
## Population level change requires 'whole system' approaches



Source: Socio-Ecological Model

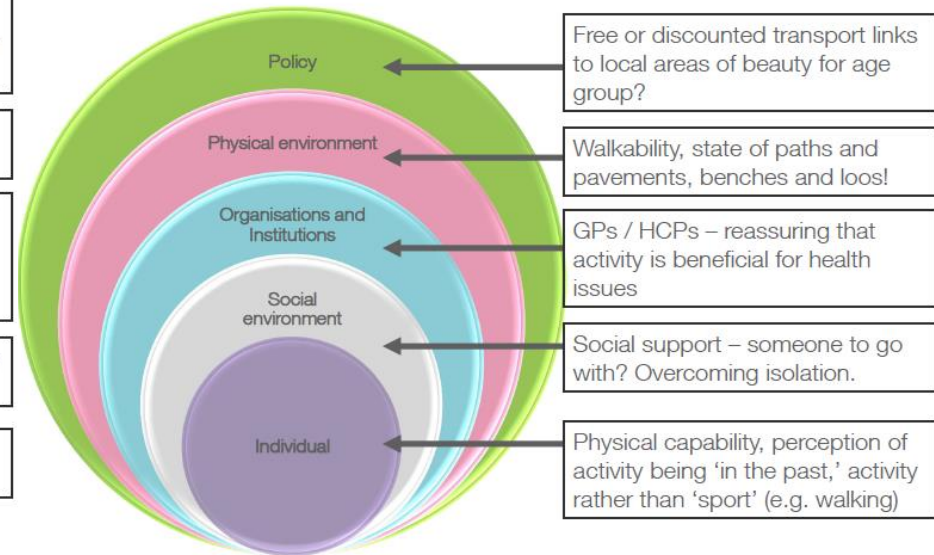
# Lifestage may be important

## An example - children



Source: Socio-Ecological Model

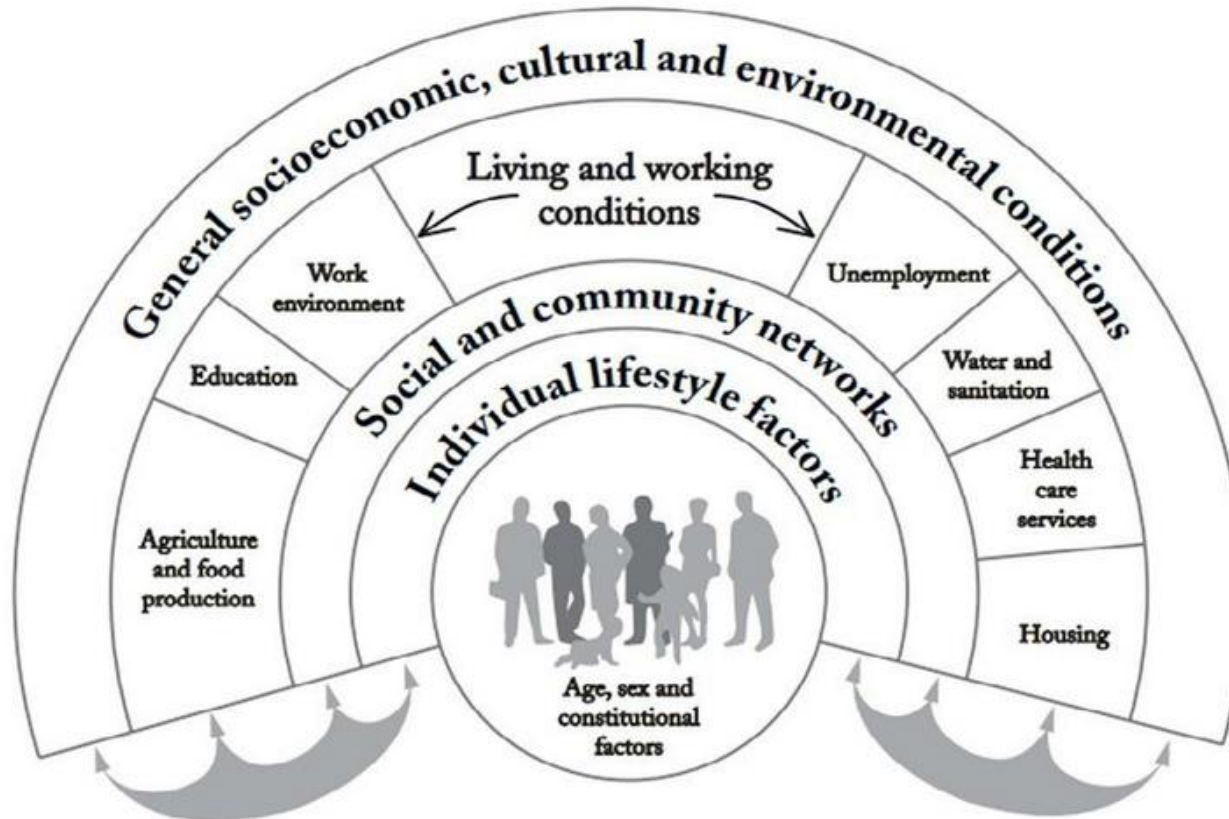
## An example – older adults (over 55s)



Source: Socio-Ecological Model

# Keep in mind the wider determinants of health model – these influence mental and physical health

- WDH - diverse range of social, economic and environmental factors which influence people's mental and physical health



Source: Dahlgren and Whitehead

# Developing our systems map for walking

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