

Oxfordshire Healthy Place Shaping ‘Theory of Change’

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Healthy Place Shaping

‘Healthy place-shaping is a collaborative process which aims to create sustainable, well-designed communities where healthy behaviours are the norm and which provide a sense of belonging and safety, a sense of identity and a sense of community. It is also a means of shaping local services, infrastructure and the economy through the application of knowledge about what creates good health, improves productivity and benefits the economy, thus providing efficiencies for the tax-payer.’

Healthy Place Shaping: a ‘whole systems’ approach

“Complex systems can be considered as a collection of elements (e.g., sub- systems, sectors), with interconnections between those elements, and other characteristics including feedback, non-linearity, adaptation, and emergence. Systems approaches emphasise the importance of studying a whole system and its dynamic relations, rather than single elements in isolation.”

Cavill N, Richardson D, Faghy M, Bussell C, Rutter H. Using system mapping to help plan and implement city-wide action to promote physical activity. *J Public Health Res.* 2020;9(3):1759. Published 2020 Aug 26.

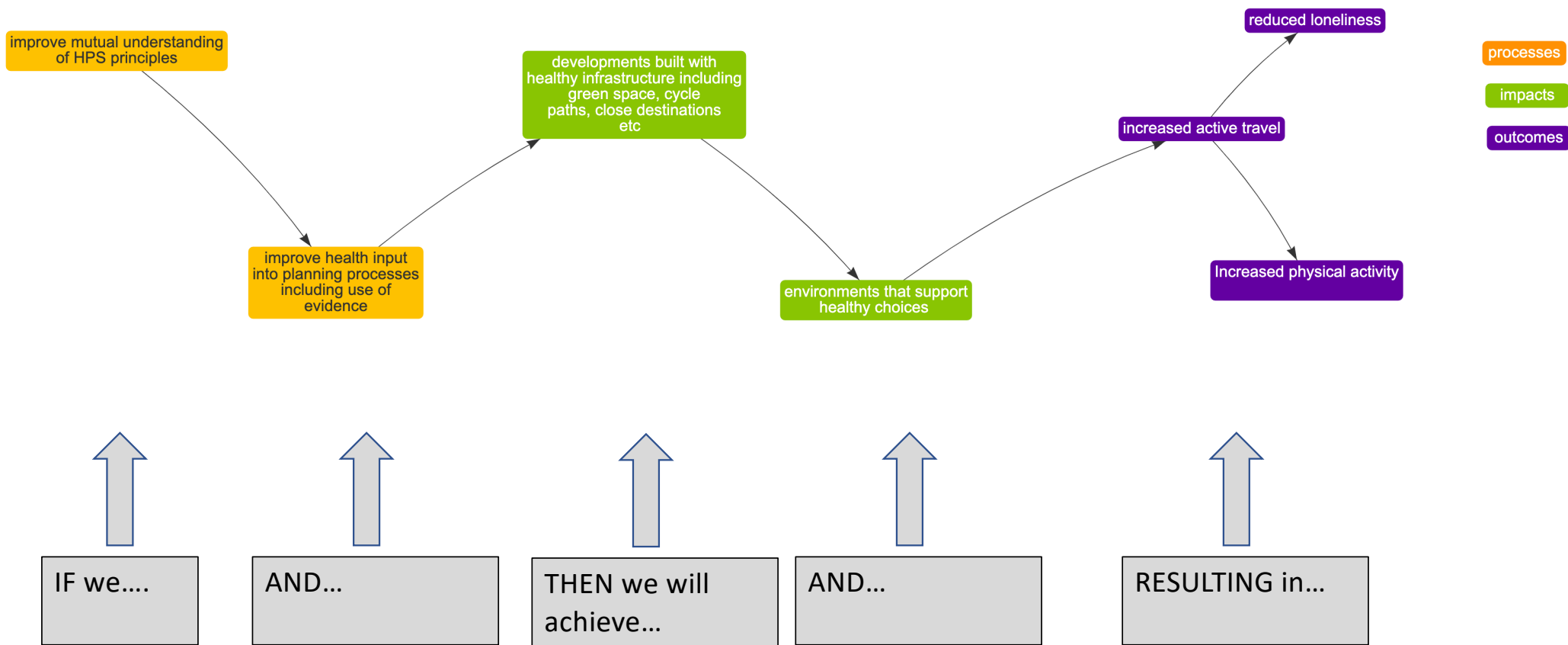
In practice this means...

- Fewer isolated interventions
 - Not doing small projects in isolation, without thinking about how they fit into the wider system
- Tackling the issue from multiple angles
 - For example: creating a health-enabling environment such as Bicester's Blue Lines (health routes) while working with the community to encourage their use
- Considering the potential consequences – positive and negative
 - For example: considering how new building developments create demand for more health service provision, which provides an opportunity to change how health services are delivered
- Looking for synergy (system effects)
 - For example, creating and maintaining space leads to communities accessing them more and valuing green space more, which in turn increases demand for more green space
- Cross boundary working
 - For example: community groups working with schools and the NHS to promote volunteering by young people
- Change in a real-world setting is usually not linear; and rarely the simple product of a certain amount of input resulting in a given output and outcome.
 - For example reducing social isolation is not just about funding a social prescribing service; to be successful community groups need to have the capacity to provide support and health care professionals need to be aware of which patients might benefit and how they might refer to the service

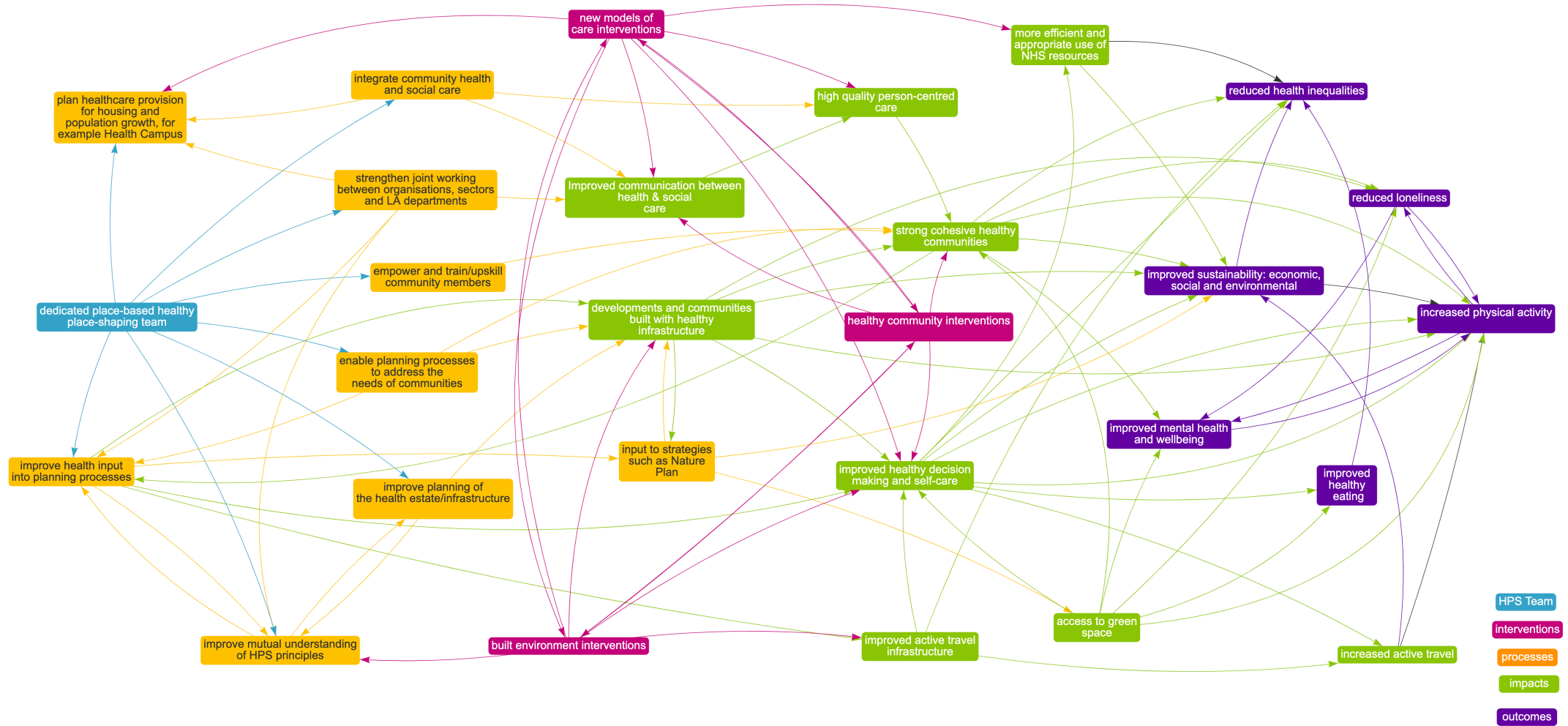
Definitions

- **Theory of Change (ToC):** a description and illustration of how and why a desired change is expected to happen in a particular context
- **Interventions:** activities or groups of activities with discrete boundaries, planned and implemented to achieve a pre-determined objective
- **Processes:** ways of working or activities intended to have impacts on the system
- **Impacts** (can be called intermediate outcomes): changes in measurable aspects of the environment or society, en route to an intended outcome
- **Outcomes:** final indicators of aspects such as health; wellbeing; environment

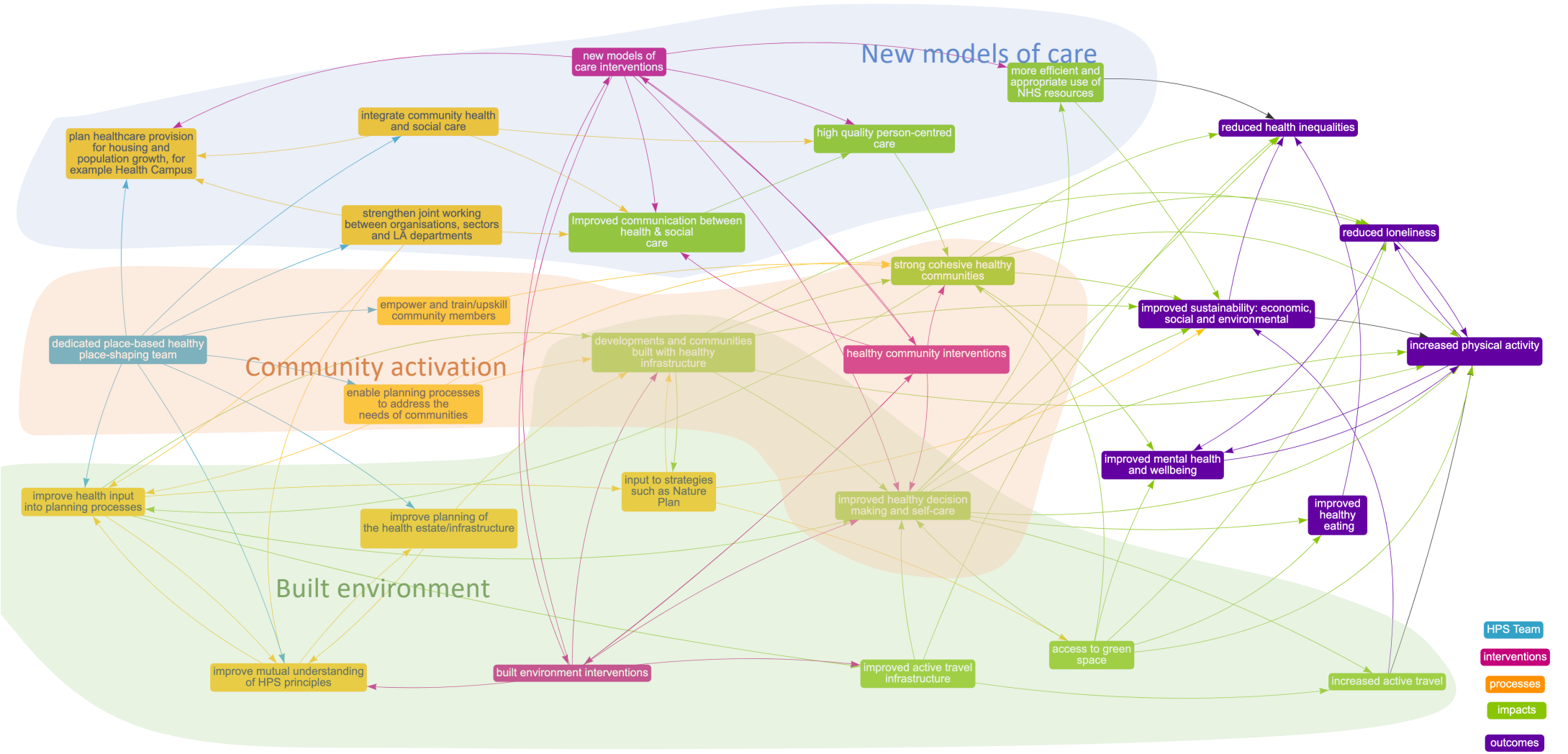
Introduction to map style and interpretation



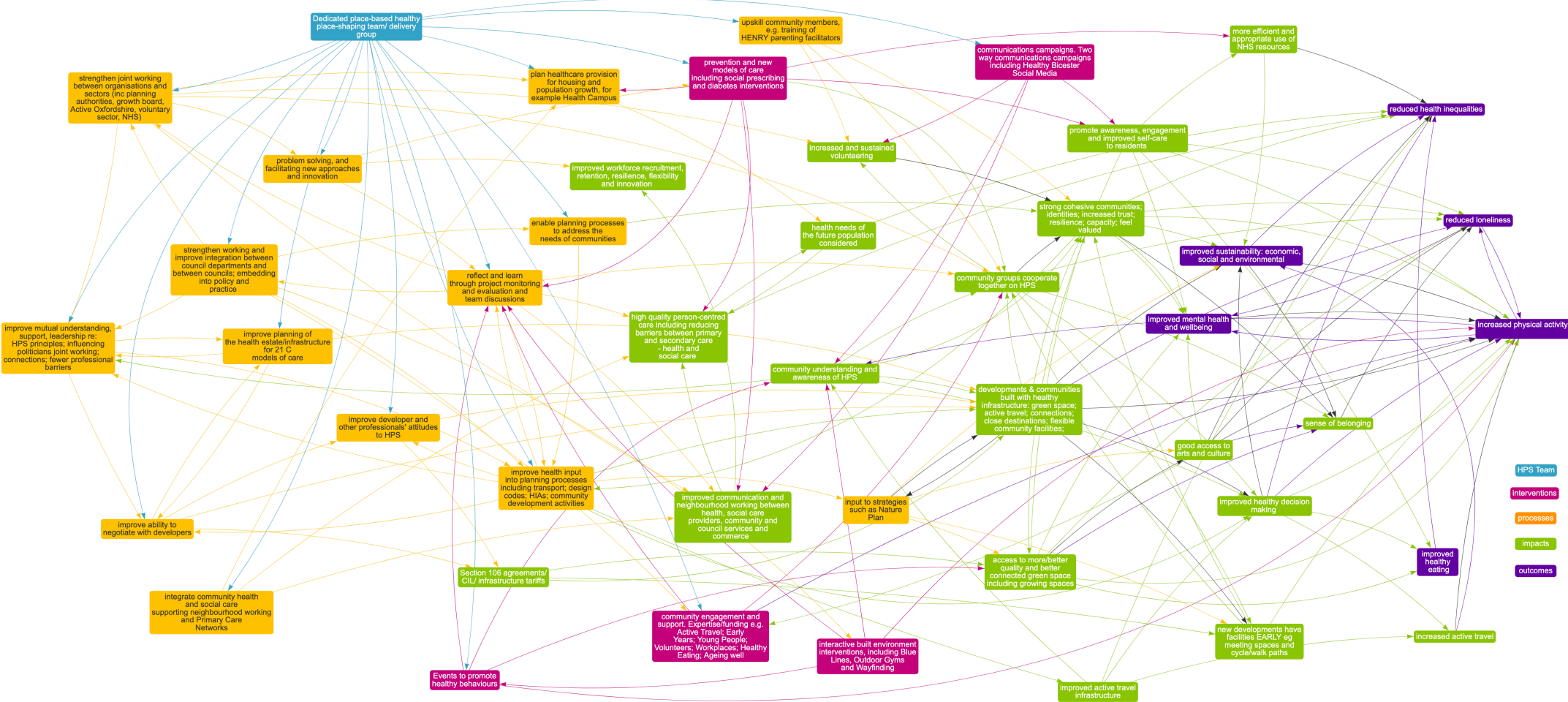
Proposed Healthy Place Shaping Theory of Change SUMMARY diagram



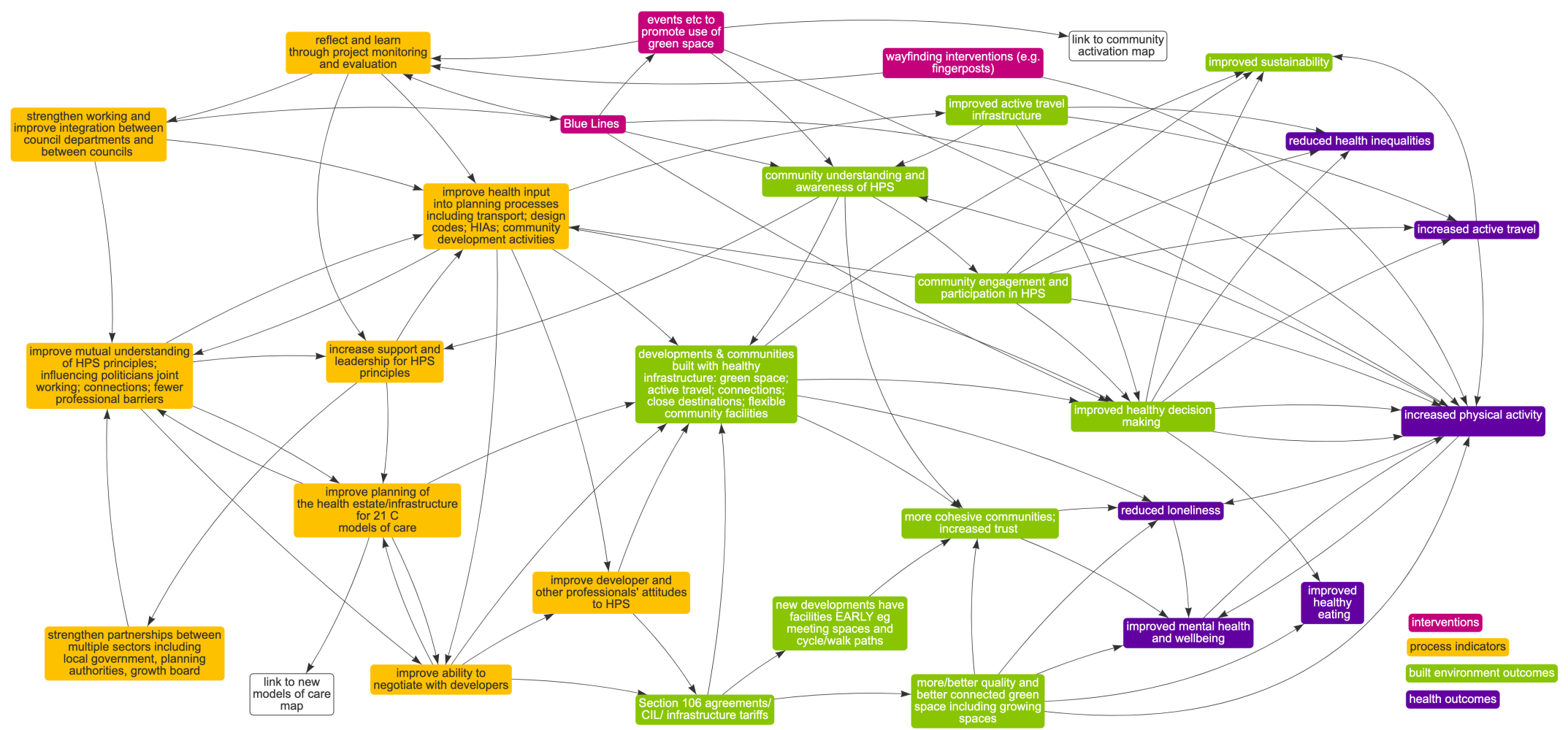
Proposed Healthy Place Shaping Theory of Change SUMMARY diagram (with project areas)



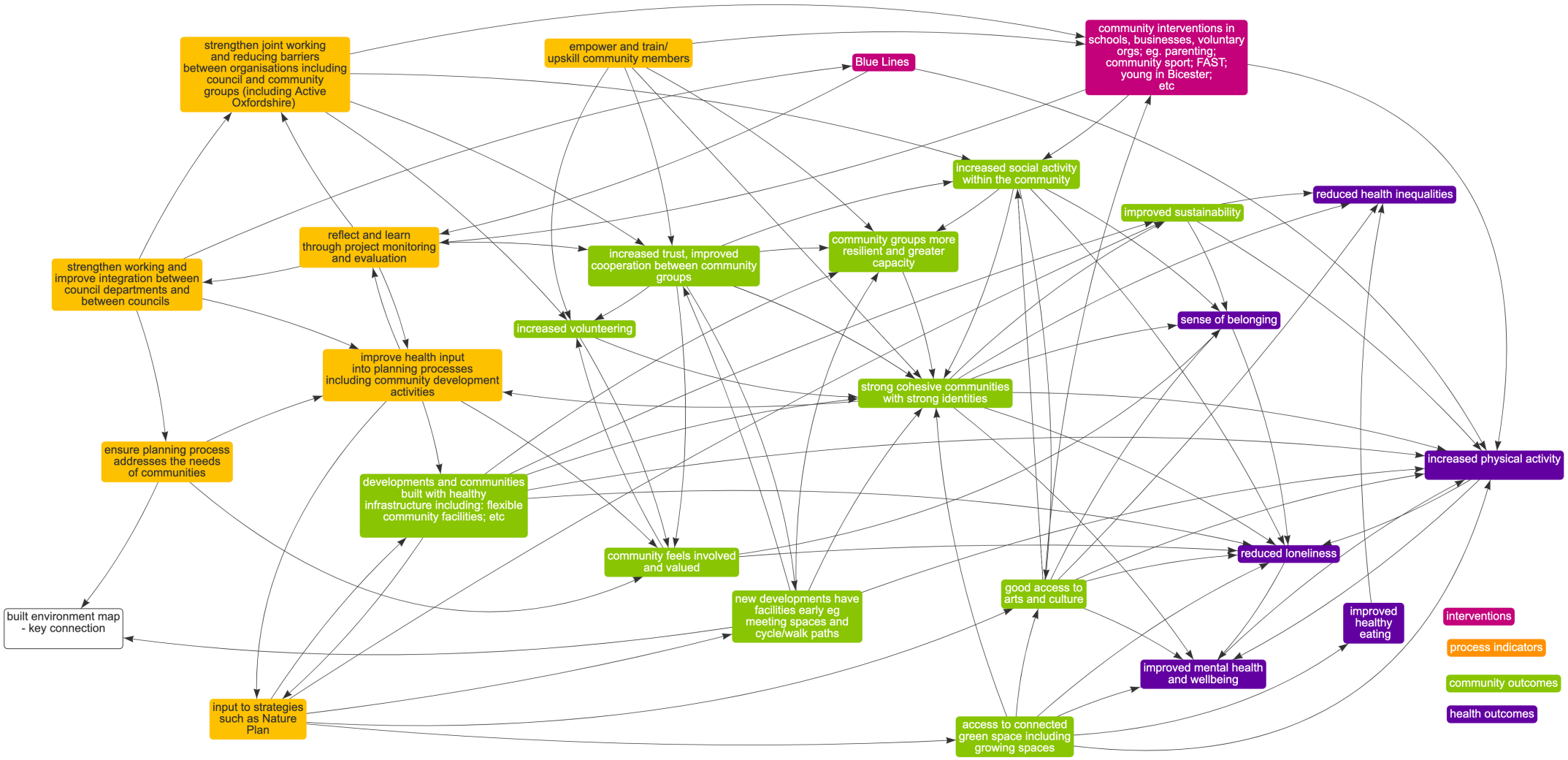
Proposed Healthy Place Shaping Theory of Change combined diagram



ToC for the built environment



ToC for community activation



ToC for new models of care

