



Welcome to the December 2023 YORA newsletter. As we approach the end of this year, we want to express our deepest gratitude to each and every member who has contributed to the success of YORAs endeavours. Your dedication, passion, and hard work have been the driving force behind our achievements. Together, we have faced challenges, celebrated triumphs, and forged lasting connections that define the essence of our community. As we reflect on the milestones we've reached, let us carry this spirit of collaboration into the coming year. Thank you for your unwavering involvement, and we look forward to another year of shared accomplishments and growth.

UPCOMING EVENTS/OPPORTUNITIES:

- 12/12/23: ASO Yorkshire - **Appetite and eating behaviours in children and adults - insights from the Yorkshire region** (free, hybrid Sheffield Hallam Univeristy Owen Building)
- 31/01/24: Obesity Institute - **Development of a national whole systems approach** (free, online).

USEFUL RESOURCES:

- **TEDEX TALK** (Dec '23): Louisa Ells - [Weight of Words](#)
- **NEWSLETTER:** [World Obesity Newsletter](#)
- **REPORT** (Nov '23): Diabetes.UK - [Recommendations to tackle diabetes inequality in the UK.](#)
- **REPORT** (Nov '23): Tony Blair Institute - [Unhealthy Numbers: The Rising Cost of Obesity in the UK](#)

USEFUL RESOURCES 'CONT:

NEW PUBLICATIONS (Nov '23): The Perspectives in Public Health released a [special issue](#) on Systems Approach to Obesity, including:

- We can tackle obesity . . . but it has to be collectively
- How can governments reduce obesity, diabetes and heart disease, while saving the NHS money at negligible cost?
- A complex systems approach to obesity: a transdisciplinary framework for action
- Empowering and including 'seldom heard' communities in systems thinking for weight management
- Regulatory mechanisms to create healthier environments: planning appeals and hot food takeaways in England
- How do local authority plans to tackle obesity reflect systems thinking?

Perspectives in Public Health

Special issue: Systems Approaches to Obesity

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For more information please see our [Website](#) / [Twitter](#) account, or get in contact with the programme coordinators: [Dr Jordan Marwood](#) / [Dr Alice Bullas](#).