



Public Health School

Medizinische Universität Graz



10<sup>th</sup> Public Health Summer School Graz / Medical University of Graz  
**„Obesity, Complexity, and Public Health“**  
Wednesday September 11- Friday September 13, 2019



Bundesministerium  
Arbeit, Soziales, Gesundheit  
und Konsumentenschutz

Gefördert aus den Mitteln des Fonds Gesundes Österreich  
Gesundheit Österreich  
GmbH



GRAZ

# 10<sup>th</sup> Public Health Summer School

## Topic:

The complexity of the root causes underlying the obesity epidemic as a challenge for public health. Learning how to deal with these complex pathways could provide a way forward to identify, implement, and evaluate effective responses.

## Introduction:

Most countries experience increasing obesity rates in children and adults. Today, obesity is a leading preventable cause of premature death worldwide. In 2016, according to the WHO, 690 million adults and 124 million children were obese. Health authorities view it as one of the most serious public health problems of the 21st century.

As the health consequences and health care costs associated with obesity are considerable, many countries have launched preventive strategies. However, the evidence underpinning these responses has largely been generated by tools and methods that were developed to answer questions about the effectiveness of clinical interventions, and as such are grounded in linear models of cause and effect. As the obesity epidemic is a complex problem with numerous interconnected variables the identification, implementation, and evaluation of effective responses require a wider set of approaches and a focus on complex system analysis.

## Aims and objectives:

The aim of the summer school is to provide participants with a better understanding of the complexity of obesity and the implications for public health. Our objective is to shift paradigms around the main causes of obesity, which is essential for creating an effective public health response.

## September 11, 2019

### Day 1 - Big Food, Food Systems, and Public Health

Lecturer: **David Stuckler**, Department of Sociology, University of Oxford, Oxford, UK,  
Department of Policy Analysis and Public Management, Bocconi University, Milan, Italy

Main content points:

- What marks modern food industries?
- "Big Food", who rules it?
- Public Health responses in the past
- Public Health responses in the future

## September 12., 2019

### Day 2 - Obesity, Complexity, and Public Health Part I

Lecturer: **Harry Rutter**, Department of Social & Policy Science, University of Bath, UK

Main content points:

- The obesity epidemic as a complex problem
- Traditional approaches of the past
- Paradigm shift into the future
- Big drivers to consider, fields to analyse
- The obesity system map

## September 13, 2019

### Day 3 - Obesity, Complexity, and Public Health Part II

Lecturer: **Harry Rutter**, Department of Social & Policy Science, University of Bath, UK

Main content points:

- Reconceptualising obesity as a complex problem
- Relevant kinds of evidence
- More meaningful practical and policy responses
- How to evaluate those responses in more appropriate ways

## September 14, 2019 - optional

### Day 4: Post-Summer School Physical Activity:

*If the weather is fine, we're going on a beautiful hiking tour. Bring appropriate shoes, but the required level of hiking skills is low (no need to worry).*

*Guides: Martin Sprenger, Head of the Public Health School Graz, Austria and Florian Stigler, Public Health Expert, Graz, Austria*

## Lecturer:



### Harry Rutter

Professor of Global Public Health at the University of Bath. Adjunct positions at University College

Cork, Western Norway University of Applied Sciences, and the University of Agder. Senior strategic adviser to Public Health England. Founder director of the National Obesity Observatory 2007-2011, led development of English National Child Measurement Programme, chaired NICE PDG on walking and cycling. Current research: social and environmental factors influencing obesity and PA; evidence and policy in complex systems.



### David Stuckler

Full Professor of Policy Analysis and Public Management at Bocconi University

in Milan and before, he has been a Professor of Political Economy and Sociology and a Senior Research Leader at Oxford University. He has published over one hundred peer-reviewed scientific articles in major journals on the subjects of economics and global health, and his work has featured on the cover of The New York Times and The Economist, as well as on BBC, NPR, and CNN, among others. He has written the books "The Body Economic" and "Sick Societies".



### Target Groups:

National and international students and professionals of public health and social sciences, clinicians, researchers and policy makers, health journalists, advocates and civil society representatives, members of social insurance, regional and national governmental organizations

### Maximum numbers of participants: 30

**Fee:** Euro 660  
(fees increase by 10 percent for applications after 30.06.2019)

### Application:

Please send your CV (1 page) and a brief statement of your motivations for attending the course (max. 300 words) to:  
[public.health@medunigraz.at](mailto:public.health@medunigraz.at)

**Venue:** Graz City

### Partners:

- Fonds Gesundes Österreich
- Hauptverband der österreichischen Sozialversicherung
- Land Steiermark
- Stadt Graz

### Contact:

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For further information visit the Homepage of the Public Health Summer School:  
[www.medunigraz.at/summerschool-public-health](http://www.medunigraz.at/summerschool-public-health)

### Registration:

[Homepage](#)  
[E-Mail](#)

**We look forward to welcoming you at our Summer School 2019!**

Martin Sprenger, Head of the Public Health School, Medical University of Graz