

Facilitators' Guide to the Case Study Exercise: Overweight and Obesity

Focus	Objectives	Resources	Guiding Questions	Prompts
Issues	i) Assist participants to approach issues critically ii) Assist participants to think about how the core concepts frame or should frame an issue	i) Newspaper Articles: A Weighty Problem and Canada's Obesity Crisis Widens ii) Figure 1. Distribution of Weight by Body Mass Index (BMI) Categories for Women, Men and Total Population iii) Figure 2. Prevalence of Diabetes by BMI Categories iv) Figure 3. Prevalence of Heart Disease by BMI Categories v) Research Summary: Obesity, Self-Esteem, and Wages	i) What is the issue to be addressed? ii) Why has the issue been identified? iii) Who is defining this issue? iv) Does the description of the issue have enough information about the causes, symptoms, background and importance of the issue? v) Does the prevailing interpretation of the issue address the core concepts of sex, gender, diversity and equity? vi) What other evidence exists that might suggest a different way of looking at this issue?	i) Make linkages between obesity and health ii) Attend to cultural norms around beauty/ healthy weights iii) Explore the implications of the language used around overweight and obesity – including both popular vernacular and technical terminology (“normal” versus “healthy”)
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Pop-ulations	i) Assist participants to think beyond basic analytical variables (such as BMI) across the determinants of health	i) Figure 4. Percentage of Obese Adults by Region ii) Figure 5. Percentage of Obese Adults by Sex and Age iii) Figure 6. Percentage of Overweight and Obese Adults by Sex and Ethnicity iv) Figure 7. Percentage of Obese Adults by Sex and Income	i) Who is most at risk and/or affected by this issue? ii) Have we addressed the core concepts of sex, gender, diversity and equity when thinking about populations at risk or affected? iii) Who is not represented in the data or discourse? iv) When thinking about populations at risk or affected, have we considered the determinants of health?	i) Again attend to language and cultural norms of beauty/healthy weights ii) Attend to populations and sub-populations – including groups not represented here (eg. age, transgender)

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Evidence	<ul style="list-style-type: none"> i) Help participants to think critically about evidence ii) Help participants to experience SGBA as an iterative process 	<ul style="list-style-type: none"> i) Excerpt: Measuring Healthy Weight Using BMI ii) Figure 8. Trends in Adult Obesity Rates (Measured vs. Self-Reported) 	<ul style="list-style-type: none"> i) What sources of information and kinds of evidence are available? ii) How are we weighting the value of different types of evidence? iii) Can we appraise the strengths and limitations of both quantitative and qualitative evidence and is the research trustworthy? iv) How well does our evidence speak to the core concepts of sex, gender, diversity and equity? v) Which aspects of the issue are addressed and which are overlooked? vi) As gaps in knowledge are identified, are we are prompted to look for further or different evidence or to re-evaluate the original research question or policy inquiry? 	<ul style="list-style-type: none"> i) Is BMI a good measure? ii) How does weight relate to fitness and/or health? iii) If BMI is not a good or reliable measure of health, does that force us to re-evaluate the issue as well as the evidence?
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Implications	<ul style="list-style-type: none"> i) Help participants to assess evidence in light of the core concepts of SGBA ii) Help participants to begin framing conclusions and recommendations based on available evidence 	<ul style="list-style-type: none"> i) Figure 9. Percentage of Physically Active Youth and Adults by Age and Sex ii) Research Summary: Beliefs About and Attitudes Towards Physical Activity iii) Research Summary: Adolescent Girls’ Perceived Barriers to Participation in Physical Activity 	<ul style="list-style-type: none"> i) What do we know -- or think we know - - about the issues and populations affected based on available evidence? ii) Does our analysis address the core concepts of sex, gender, diversity and equity? iii) Does the analysis address a range of other factors – social, political, economic, historic, geographic and so on? iv) Are we paying attention to potential sources of bias? Are we making any assumptions about the issue, population, or evidence; overgeneralizing; applying a double standard; exaggerating 	<ul style="list-style-type: none"> i) Pay attention to potential biases in your analyses: privileging or ignoring populations or dimensions of experience; applying a double standard; overgeneralizing; exaggerating differences or ignoring similarities ii) Emphasize iteration: are we returning regularly to the definition of the issue and the populations to make sure we are asking the right questions

			<p>differences or ignoring similarities?</p> <p>v) Are we returning regularly to the definition of the issue, the identification of the population and the evidence to be sure we are asking the right questions?</p> <p>vi) Is paying attention to the core concepts of sex, gender, diversity and equity changing our analysis in any way? Why or why not?</p>	
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Recommendations	<p>i) Help participants understand how their findings fit with the broader context of policy, planning, research</p> <p>ii) Work with participants to craft recommendations that will work in this context</p>	<p>i) Excerpt: The Integrated Pan-Canadian Healthy Living Strategy</p>	<p>i) Have we considered the context fully?</p> <p>ii) Have we developed recommendations that address the core concepts of SGBA as well as a range of additional factors – social, political, economic, historic, geographic and so on?</p> <p>iii) What are the strengths of the recommendations and what opportunities are there to implement them?</p> <p>iv) What challenges and obstacles do we face in implementing the recommendations?</p> <p>v) Have we considered a timeframe for the analysis, parameters for the inquiry, identified appropriate audiences and strategies to present the recommendations?</p>	<p>i) What are governments currently doing to address overweight and obesity in Canada?</p> <p>ii) How do these strategies fit with the findings of this analysis?</p>
Debrief on SGBA process	<p>i) Allow participants to talk about the challenges of the case study</p> <p>ii) Allow participants to talk about opportunities and challenges for undertaking SGBA in their own work</p>	<p>No new data</p>	<p>i) What was your experience trying to undertake an SGBA of this issue?</p> <p>ii) What challenges and/or opportunities exist in your work environment to undertake SGBA?</p>	