



## Harriet Koorts

### Reorientating the Scale-up Discourse: A Systems Approach to Scaling for Population Health Improvement

Despite many important global public health successes, for many public health problems, there is a continued lack of interventions that have been sufficiently scaled to achieve sustainable and equitable population health improvement.

Implementation science approaches, which typically promote a sequential and mechanistic spread of interventions, have dominated the scale-up literature to date. Systems change plays a major role in the relation between implementation processes and institutionalisation of public health interventions; yet, systems approaches remain underutilised in scaling up.

This presentation will discuss current approaches to scaling in public health, including how reframing current conceptualisations of 'successful' scale-up may enhance population-level impact. It will include recent research that has applied systems analysis methods to study the scale-up of physical activity and nutrition interventions globally, as well as a practical tool that can help researchers and practitioners plan and evaluate scaling in practice.

This talk will encourage debate as to whether reorientating the scaling discourse to embrace a complex systems perspective has the potential to improve sustainable implementation and impact of population health interventions.

#### About Harriet Koorts

*Associate Professor Harriet Koorts is an Implementation Scientist with a background in public health and academia spanning over 15 years. Her research focuses on implementing and scaling population health interventions into clinical and community settings using implementation and systems science methodologies.*

*Harriet Koorts leads Deakin University's Institute for Physical Activity and Nutrition (IPAN) Implementation Science and Knowledge Translation Domain and co-leads Deakin's Faculty of Health Knowledge Translation and Evaluation Unit. Within these roles, she provides implementation science consultancy to >90 IPAN staff across the Faculty and externally as required. Over the past 15 years, Harriet Koorts has held multiple positions requiring her skills in program implementation, evaluation, and evidence translation to conduct research and inform the commissioning of health promotion programs and delivery of clinical health services. She has demonstrable experience in implementation research and the practical application of programs in practice.*

*Internationally, Harriet Koorts co-founded and co-chaired (2016-2019) the International Society for Behavioural Nutrition and Physical Activity (ISBNPA) special interest group 'Implementation and Scalability'. In 2020, Harriet Koorts founded and currently chairs the Asia Pacific Society for Physical Activity (ASPA) special interest group 'Scaling Up Physical Activity'. She is also a board member and Advocacy Lead for the International Society for Physical Activity and Health (ISPAH).*

*One of Harriet Koorts' recent publications includes this systematic review of studies investigating systems approaches to scaling up: <https://link.springer.com/content/pdf/10.1186/s12966-024-01579-6.pdf>*