

OVERVIEW

Overview of NELP conceptual model and conditions for tackling inequalities in physical activity



What works in tackling inequalities in physical activity?

The National Evaluation and Learning Partnership (NELP) has been working with Sport England and local communities to support learning and evaluation of whole systems and placed-based approaches, enhancing understanding of how to address inequalities in physical activity. [NELP](#) defines a whole systems approach (WSA) as an effort to **create enabling conditions** for physical activity across multiple layers of society, from individuals to communities, organisational policy and practice, and the natural and physical environment. A place-based systemic approach (PBA) aligns with this idea but places emphasis on **strengthening communities and rooted in distinctive local characteristics**. Each WSA and PBA is unique, influenced by its context including setting, socio-demographics, and mix of communities and organizations. Efforts to drive change in WSAs and PBAs are not isolated but aligned, achieving outcomes that are often 'more than the sum of their parts'.

Practices and areas of action

Evidence and insights from those involved in addressing the challenge of inequalities in physical activity have revealed commonalities across places, rooted in where people choose to make interventions. These shared patterns manifest as three interlinked practices or *areas of action*:

