SCOPING OBESITY PREVENTION & TREATMENT: A METHOD

Celia Rae
NSW Regional Health Partners

Objective

To collect and analyse information about the programs, research projects and services that have been delivered by the NSWRHP organisations designed to prevent and treat overweight and obesity over the past 10 years.

Methodology

A tailored scoping strategy was decided in consultation with an organisational representative in recognition of the diversity of each partner organisation. Strategies included website reviews, face-to-face and telephone consultations, snowball sampling to source other contacts, circulation of group emails by executives and reviewing ethics databases. A population-based, project-specific framework was developed to analyse the results.

The five domains of the Healthy Weight Framework include:

1) Universal prevention - Intervention is directed at everyone in a community to prevent overweight and obesity;
2) Selective prevention - Intervention focuses on high-risk individuals and groups to prevent overweight and obesity;
3) Targeted prevention - Intervention targets those with overweight to lose weight and prevent weight gain;
4) Treatment - Intervention assists people with obesity to lose weight and manage their co-morbidities; and
5) Research - Evidence forms the basis of any intervention.

NSW Regional HEALTH PARTNERS

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The scoping identified obesity prevention and treatment programs, projects and services amongst NSWRHP, enabling future planning and decision-making.

Lessons Learned

The Healthy Weight scoping identified over 100 programs, research projects and services designed specifically for the prevention and treatment of overweight and obesity within NSW Regional Health Partners.

Developing and applying the Healthy Weight Framework allowed researchers to understand the focus of activity within the NSWRHP organisations is in universal prevention, i.e. for the population as a whole.

More can be done in selective prevention, preventing overweight and obesity in groups at higher risk, as well as in targeted prevention, preventing further weight gain in those who already have overweight. The scoping also revealed a lack of treatment options for severe complex obesity in both the adult and child settings.