The Role of Health Services in the Prevention of Obesity:
How do health services view their role in the prevention of obesity?

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Research Questions

1. What is the evidence for effective health service based intervention to prevent overweight and obesity in an adult population?

2. What are the key enablers and barriers to interventions aimed at preventing overweight and obesity in adults, being incorporated into health services?

3. How can a systems approach support the translation of overweight and obesity prevention evidence into practice within health services?
Methodology

Qualitative Interviews analysed using grounded theory

- Interviews with policy, population health & clinical executive (11)
- Interviews with community health based nursing and allied health clinical managers (12)
- Interviews +/- focus groups with community health based nursing and allied health staff (?)
Key Findings: Interviews with Executive

- **Futility**: “by the time patients come to us… it’s probably a bit too late to do anything in relation to obese patients who present at the hospital for treatment”

- Obesity as a disease (prevention vs treatment)

- Choice

- Having the conversation

- **Model of care**: “It is nobody’s problem and everybody’s problem”
Key Findings: Interviews with Clinical Managers

- Acuity of caseload has increased

- DNA rates lower for people with immediate problem vs attending lifestyle session

- Weight NOT a clinical indicator: “I think clinically it's not really appropriate to weigh everybody. I think it also can create a barrier in the consult. They might be coming to you for weight loss but they don't want to be weighed. They don't want to see it. It's a barrier. It makes them feel crappy”.

- Prevention needed BUT no capacity within community health and doesn’t fit with inclusion criteria
Policy Implications
Questions or Comments?

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