

Summary: weight management in primary care

We have looked at ...

- **Why** discuss weight: it has profound effects on health and health services.
- **How** to influence: our patients already have many of the answers. Can we unlock them?
- **What** to explain: we might give nutritional facts, motivational support or explain how “normal” behaviours can be shaped.
- **Which** goals and how to measure: we want to help our patients to succeed rather than watch them fail.

Now let us explore ...

- **Where** to get help: do you have enough support? How can you shape the evolution of obesity services in your country?

Developing obesity services in your country

Breakout group discussions

- Why discuss
- How to influence
- What to explain
- Which goals and how to measure
- Where to get help



Responsibility:
who is leading
service
development?

Prevention,
treatment,
... or both?

Staff
training

Educational
resources

How do
we fund
services?

Leadership

Training and resources

Giving
consistent
messages

Breakout group topics

Promoting
physical activity
for all

Community

Developing
community and
self-help
services

Combating the
obesogenic
environment

Children

Families and
parenting

Schools

Child
obesity
services

Use the grid questions to develop a plan

<p>Where are we now?</p>	<p>Where do we want to get to?</p>
<p>What will it take to achieve this?</p>	<p>What is our timeline?</p>

Each group to discuss one heading

1. Where are we now?
2. Where do we want to get to?
3. What will it take to achieve this?
4. What is our timeline?

Bring back ideas to help formulate an action plan.



Challenges

- **Minor challenge.** This issue does not prevent delivery of core interventions and services or has been fully addressed.
- **Moderate challenge.** This challenge has a moderate impact on the delivery of core interventions and services. The country has already found ways to address it, or has solid plans to do so.
- **Major challenge.** This challenge has a large negative impact on the delivery of core interventions and services. The country has been struggling to find the right ways to address it, or the chosen paths have not worked.