

Senior Registrar Post

Obesity

Weight Management

# Main Point:

- Huge Health Issue
- What can be Done?

# Rationale

- Save Lives
- 60% population Overweight or Obese (2002)
- WHO – Global Epidemic
- ?Costs £3.3-3.7 billion/year (2004)
- Reduces life expectancy by 9 years (smoking 10 years)
- Doubles mortality at any age

# Rationale

- Affects every body system
- Significant benefits of weight loss
- Got to do something!
- Not sure what to do/how to do it

# Aims and Objectives

- Why am I thin?
- My learning
  - Evidence base for intervention
  - What are the issues for patients?
  - Cost issues
  - Secondary care
  - Running a programme
  - Cogs in PCT
- Improve quality of care

# My Plans

- Group sessions with Dr Brewster
- Then solo
- PCOS Clinic
- Courses/Conferences
- Secondary care eg: Bariatric surgery
- Public Health/PCT
- Follow up previous patients
- Other practices

# Other Ideas

- Case histories
- Teaching/supporting other HCPs
- Using Stepometers linked to automatic text alerts
- Clinical Lead for Obesity
- Area clinic

# Implications - Local Primary Care and Wider NHS

- Save £100 000 - £2.1 million over 5 years
- Reduce morbidity and mortality
- Increase skill base
- Spread my knowledge (and enthusiasm)
- Raise profile of obesity

# Opportunities for Me

- Do something I've never done before (and something different)
- Supported to LEARN MORE!
- Increase my confidence
- Inspiration from other Drs
- Give me a special interest
- Sharing my knowledge
- Develop GP skills



- Happy as...



# OBESITY

## Food availability

Schools, workplaces,  
restaurants, supermarkets,  
farmers' markets/co-ops  
Portion sizes  
Healthy options  
Drinks

## Food

↑ fat ↑ salt  
↑ portions  
Snacking  
Cost vs calories (fat vs veg)

## Cooking

↓ time  
↓ knowledge

## Eating

Snacking  
While doing other things  
Rushed

↓ Sleep / ↑ shifts

## Physical activity

Cars vs walking and cycling  
Road safety  
Child safety e.g. walking to school  
Too busy?  
More TV, computer games, web surfing  
↓ Community activity and communal  
activity (mobile society, don't know  
neighbours)  
Nice safe parks  
Cost & availability of leisure facilities  
↓ Public transport  
↓ School PE  
↓ School outdoor areas  
Companions – no one else wants to be  
active either  
Lifts, high rise buildings

## Marketing

Processed food  
Quick fix diets  
⇒ disappointment  
↓ motivation

## Personal feelings

Guilt, shame  
↓ self esteem  
↓ self image  
↓ self efficacy  
↓ motivation

## Health attitudes and knowledge

"Not that dangerous" vs  
disabled by fear  
"Not my responsibility" – blame others vs  
blame the victim  
"It's my hormones / genes"  
"Modern medicine can cure all"  
"Can't I take a pill?"  
"I'm same weight as everyone else"

Poor availability / accessibility of  
GOOD ADVICE

