

Obesity Prevention 'Plan on a Page'



Why is the project needed?

WG is committed to reducing the prevalence and incidence of obesity through implementing the 2019 Healthy Weight Healthy Wales Strategy and the new All Wales Weight Management Pathway, given that 58% of adults in Wales are overweight or obese, the associated impacts on their health, and the burden on healthcare services. In the context of Covid 19, obesity is also one of the few preventable risk factors for poor outcomes (including hospitalization, ICU admission and death) as a result of infection with the virus. There is a need to understand the preparedness of Primary & Community Care to deliver the PC element of the pathway. As the first point of contact for most patients, PC professionals have an integral role to play in helping individuals to receive support with achieving and maintaining a healthy weight.

What is the scope of the project?

The Canadian Obesity model, which recognises obesity as a progressive, chronic disease, highlights the need to shift approaches away from considering obesity to be a result of individual lifestyle choices and instead, formally develop a person-centred, socio-ecological model of care, which manages and supports patients with obesity, similar to the way in which other chronic conditions are managed. A key part of this approach has involved the development of the 5 As framework for managing obesity (Ask, Assess, Advise, Agree & Assist), which has been shown to be effective in supporting primary care staff to initiate and structure conversations on weight and wellbeing, to provide effective signposting to support for weight management and to increase the follow up of patients.

The Primary Care Hub has consequently identified areas of work which could support successful adoption of the Pathway. Firstly, a desk-based 'needs assessment' to support understanding of the holistic primary healthcare needs from the perspective of the population who are experiencing overweight/obesity. In addition, as Obesity Canada's '5As of Obesity Management' program highlights, a key role for primary care professionals is to be the first point of contact for patients, and to therefore have the initial conversations regarding weight and the patient's health. Identifying behavioural insights into the confidence, ability and attitudes of primary and community care professionals to have conversations with patients about their weight and/or obesity will therefore also support system understanding to develop the PC element of the AW WM Pathway.

Key deliverables

- Desk-based needs assessment of overweight or obese patients' primary healthcare needs
- Insight gathering from primary care professionals on ability, confidence and attitudes to having conversations with patients regarding weight
- Joint publication with SP to describe PC element of the AW WM pathway
- Agreement of further deliverables in the scope of the programme to support above deliverables

Key risks

- Lack of primary & community care frontline capacity to engage in this work in 2021/22
- Ongoing uncertainty regarding Covid pandemic and its consequences.
- Timely publication of the 2021 AW WM Pathway

Outcome/Success criteria:

- Timely completion of the key deliverables.
- Evidence of adoption of key recommendations
- Successful implementation of the PC element of the AW WM pathway
- Reducing the prevalence of overweight/obesity in Wales.

When will the project be delivered?

- Needs Assessment Q2
- Insight work from frontline Q2
- Publication on PC element of AW WM pathway Q3/4
- Stakeholder events in Q4

Who will be delivering the project?

DPCC Lead: Julie Denley

DPH Co-Lead: Sarah Aitken

Named Project Manager: Amrita Jesurasa

Last reviewed: January 2022

