



Partners in Change - Community update Dec 2020

WA Healthy Weight Action Plan 2019 – 2024



Government of **Western Australia**
Department of **Health**



**WA Primary
Health Alliance**
Better health, together

phn

PERTH NORTH, PERTH SOUTH,
COUNTRY WA
An Australian Government Initiative



**HEALTH CONSUMERS'
COUNCIL**

Acknowledgement of Traditional Owners

We acknowledge the Whadjuk Noongar people who are the Traditional Owners of this Land and pay respect to all Elders past, present and future. We extend our respect to all other Aboriginal and Torres Strait Islander Cultures.



The conversation journey





HEALTH CONSUMERS'
COUNCIL
YOUR VOICE ON HEALTH

**We asked people about
their experience of
taking action to lose
weight and how they've
used the health system**

How we asked people

- An online survey
- Consumer focus groups
- Invited people to share their stories
- Online group brainstorm process
- Approximately 800 responses across all methods

The image shows a survey interface titled "Is weight a weight on your mind?" with the subtitle "WA consumer and community perspectives on the issue of weight management and obesity services". The survey consists of several cards with questions and input fields:

- How have you used the health system to help you reach your weight loss goals?** (Add your experience into the list. If your topic is already there, add your ideas to the existing ones.)
- What has been your experience of the support you've received from the health system to achieve your goals?** (Let's share our experience of working with the health system.)
- What are some of the barriers to you getting the support you need from the health system to achieve your goals?** (Add your comments to the list. If someone else has already said it, add your own ideas.)
- How would you like to feel after you interact with the health system to help you achieve your weight loss goals?** (Tell us how you'd like to feel when you're interacting with the health system.)

Below these cards is a section titled "Is weight a weight on your mind? Share your story" with a "PATIENT OPINION BE HEARD" logo. It includes a "Partners in Change – Obesity Collaborative" header and a "Tell us your story" section with a text input field.

What people told us:

- The current system isn't working
- People try lots of things...
- ... with limited success
- People's reasons for being overweight are complex and individual – dealing with this takes time
- More low/no-cost options are needed – that people can access over the long-term
- Stigma, shame and embarrassment is a barrier
- People know what to do. They want help doing it – and to keep doing it
- People need people – social support is key
- Finding the right health professional can be a challenge – but it's great when it works

The current system isn't working

- 66% of survey respondents have taken action to lose weight more than twice **in the last 12 months**
- 41% of people have done so **more than five times**
- *"I was a big nine pounder baby and have carried more weight than I liked all my life i.e. 70years"*
- *"[I'm 44 and] I have struggled with my weight since adolescence"*
- *"...always overweight, tried numerous diets over the years"*
(woman, 57)
- *"I am a 52yo woman who has struggled with my weight since upper primary school"*
- *"I was very aware of my weight during all my teenage years..."*
(woman, 26)



People try lots of things...

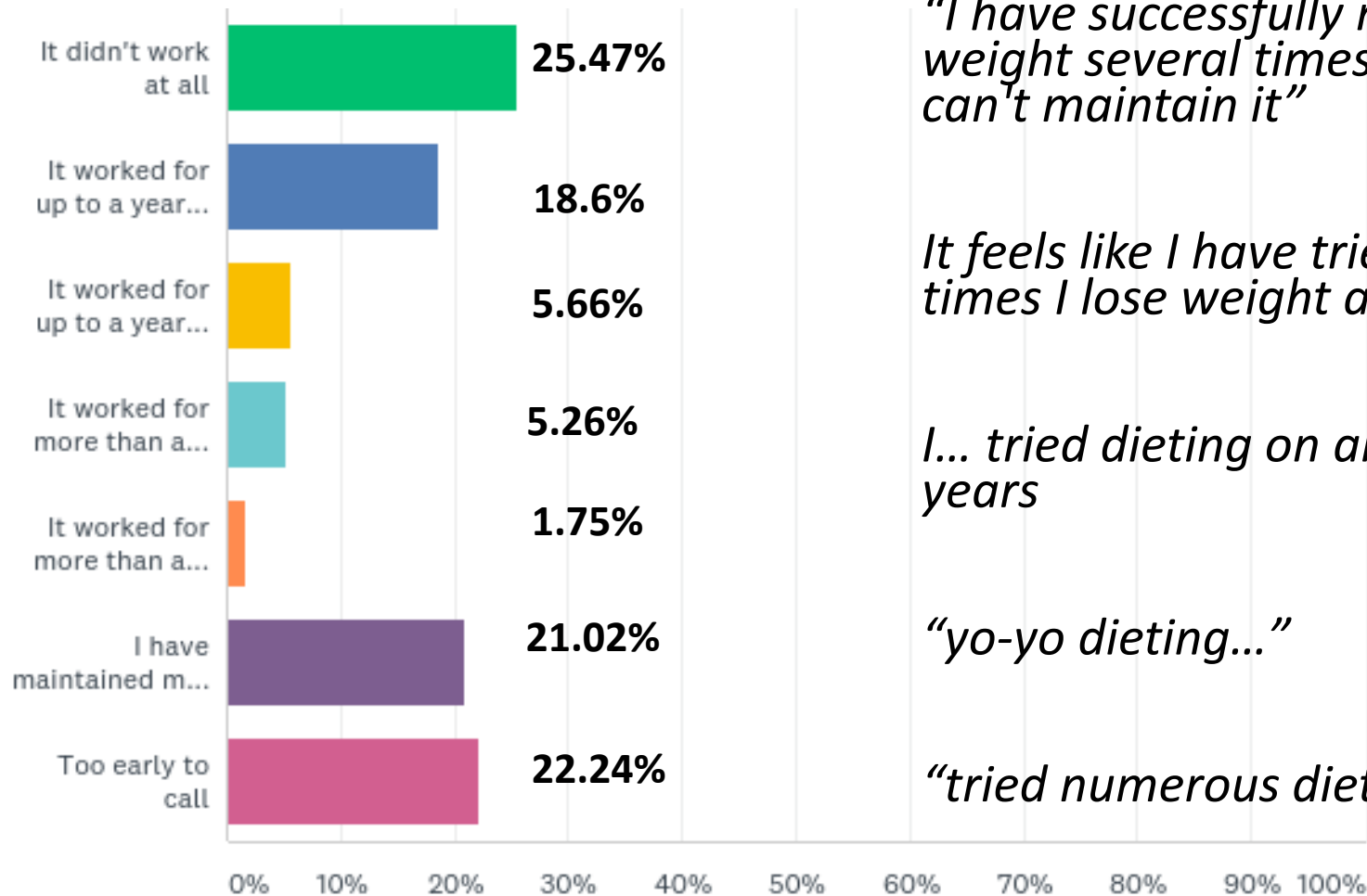
What has helped?

- Changing diet/food habits (273)
- Changing exercise/movement habits (155)
- Having a deliberate approach (106)
- Psychology/mindset (91)
- Social support (83)
- ...
- Surgery (43)
- Professional support (38)

What hasn't helped?

- Changing diet/food habits (146)
- Persistent poor habits (food and exercise) (76)
- Lack of social support (52)
- Stigma/embarrassment (44)
- "Nothing helped" (43)
- ...
- Professional advice (13)
- Pharmacotherapy (weight loss) (13)
- Surgery (9)

...with limited success



"I have successfully modified my eating and lost weight several times but when life gets too stressful I can't maintain it"

It feels like I have tried every diet imaginable. At times I lose weight and put it all back on.

I... tried dieting on and off many times during these years

"yo-yo dieting..."

"tried numerous diets over the years..."

People's reasons for being overweight are complex and individual – dealing with this takes time

- *"Time with [a health] professional is not enough for good supportive discussions"*
- *"Experience with a Nurse Practitioner was very positive because they took time to get to know you, your life, and what was impacting you."*
- *"I feel like the staff had little time to get to know my daughter or me, or consider our particular circumstances."*
- *"A holistic approach. I'm not obese just because I don't know what I should or shouldn't eat. There are lots of issues in my life that I need support with. Sometimes it is overwhelming with all the resources that are out there to help. One person, helping multiple issues would be helpful."*



More low/no-cost options are needed – that people can access over the long-term

- Affordability and the cost of services was raised as a barrier to people accessing health services to support their weight loss
- Sustainable change can take a long time to embed – especially when balancing other commitments and concerns like work, family, study, housing etc

“I'd love someone to come up with a meal plan for a single person that doesn't cost the earth.”

“The more facilities with free or low cost creche facilities the better. It would just be nice to speak to a professional without one eye and ear distracted by children.”

“We've been coming [to this program] for about six months and we've started to see a significant change in the last two weeks... it's good to know we can keep coming and it's free of charge.”



Stigma, shame and embarrassment is a barrier

- *“I have struggled with my weight and an eating disorder since I was a teenager. I am 46 married with children and my family don’t know of my shame”*
- *“Due to my lack of success, I feel too ashamed to seek help anymore.”*
- *“I wasn't making any progress. This in turn would then make me ashamed and embarrassed that I wasn't getting anywhere and I would eat more in comfort.”*
- *What could the health system do to support you? “Have much better understanding - they judge me and don't understand I eat to self-medicate instead of taking meth”*
- *“I delayed going back because I had nothing positive to report. And then weeks turned into months... and I haven't been back for a couple of years.”*

“No matter how successful [my son] has been at achieving his weight loss goals, he’s fixated on the BMI curve – if he’s still in the “obese” section he comes home very demoralised”

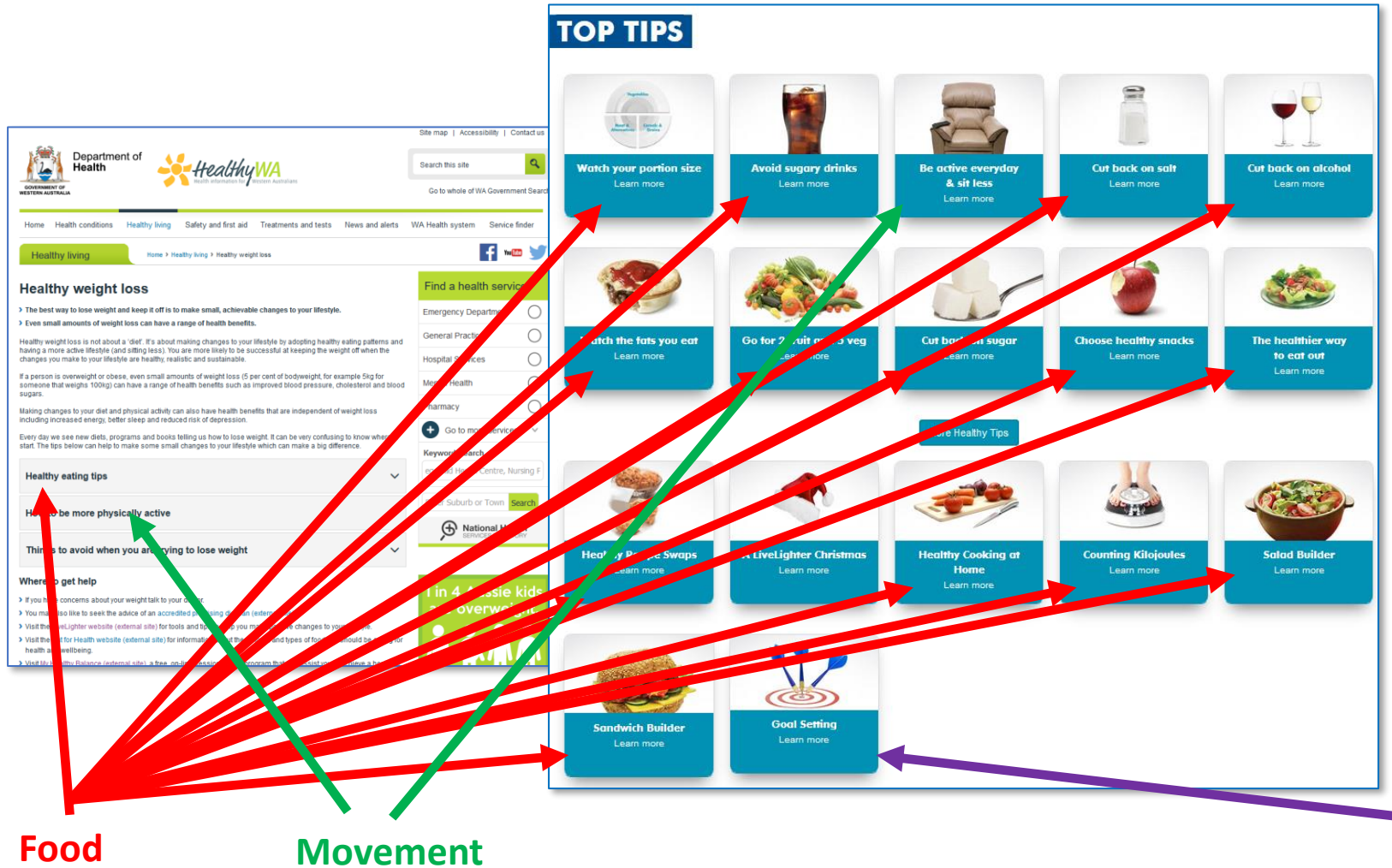
People know what to do. They want help doing it – and to *keep* doing it

“Most... people know what’s good for [them]... but it’s just too hard to keep going with it with everything else you have going on in your life.”

“Cost and motivation are the 2 major restricting factors.”

*“calorie counting but most importantly psychological support”
(response to “what has helped?”)*

“I found it was very lonely... [my friends didn’t need to lose weight]”



Consumer insights to support implementation of Healthy Weight Action Plan

People need people – social support is key

“A gym or walking group, yoga group that I KNOW will have overweight people in it. There have been many times where I have wanted to do “beginners yoga”, but talked myself out of it due to believing there won't be any other overweight people there.”

“support from all the household members [helped]”

“Having someone doing it with me and being under the care of a dietician so weekly weigh ins [helped]”

“it's really difficult when you're cooking for the family and no-one else has any weight issues”





Photo by [rawpixel](#) on [Unsplash](#)

Finding the right health professional can be a challenge – but it's great when it works

- *“For the first time I recently told my GP I felt it was an issue, she was lovely, and she is the only GP I felt comfortable enough to mention it to.”*
- *“At no time has any GP ever offered to assist me or suggested the need for further health system advice.”*
- *“I spoke to my GP [about trying a particular diet] and she said “we can do that together””*
- *“[The nurse practitioner] was great. Helpful, non-judgmental, practical.”*

Plans for consumer and community involvement



Work with consumer and community champions

Aboriginal people
Children and families
Culturally and linguistically diverse communities
People living in rural and remote WA
People over 45
People with disability
Men



Grow networks

Mailing list
Social media
Events



Promote to general consumer community

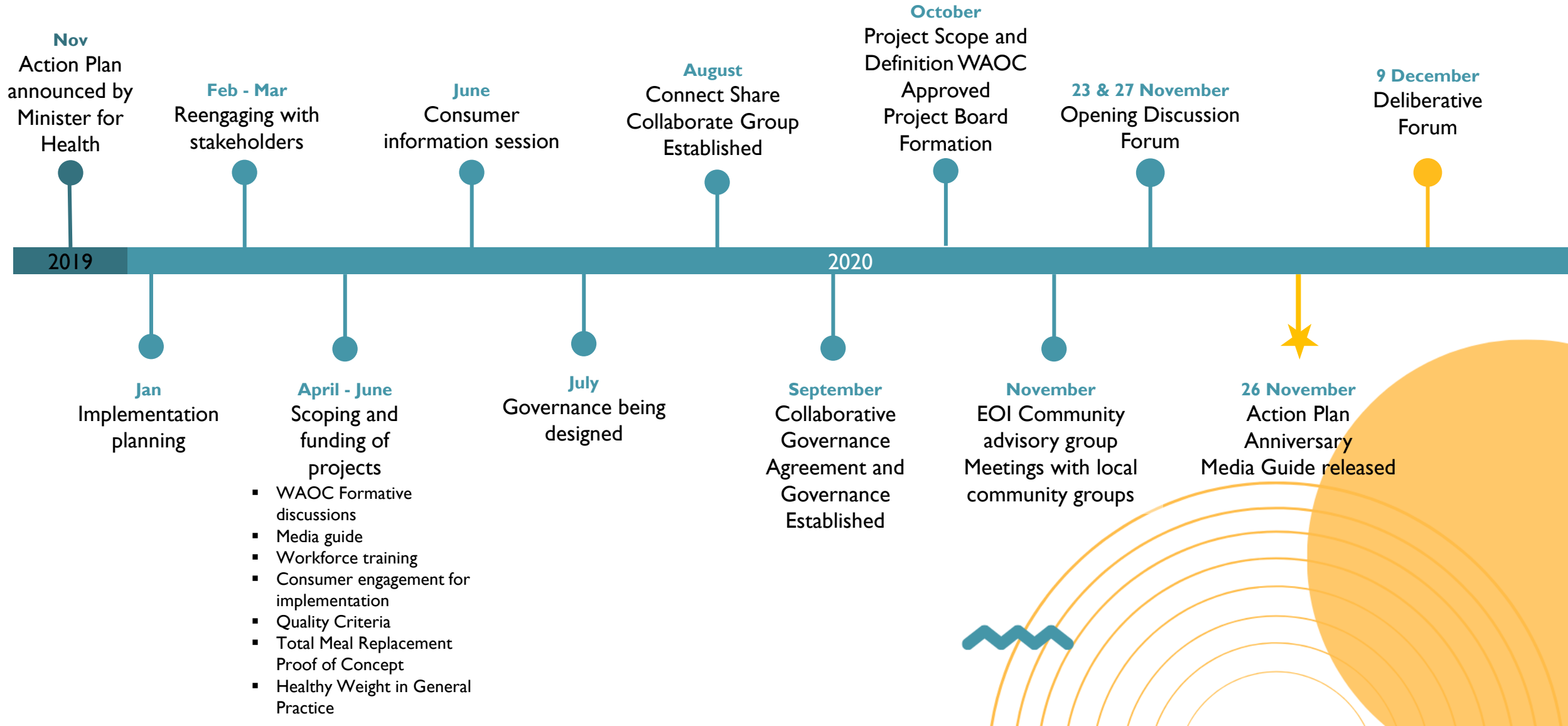
Focus on healthy life
Focus on reducing stigma
Increase knowledge and understanding of drivers of overweight and obesity



Explore place-based opportunities

Whole of community approaches

The journey continues...



Action underway

Engaging with health consumers – Health Consumers' Council

Total Meal Replacement trial – Diabetes WA

Quality Criteria and Outcomes based framework - Curtin

Media guide – East Metro Health Service

WA Obesity Collaborative

Workforce development – East Metro Health Service

GPs – WA Primary Health Alliance

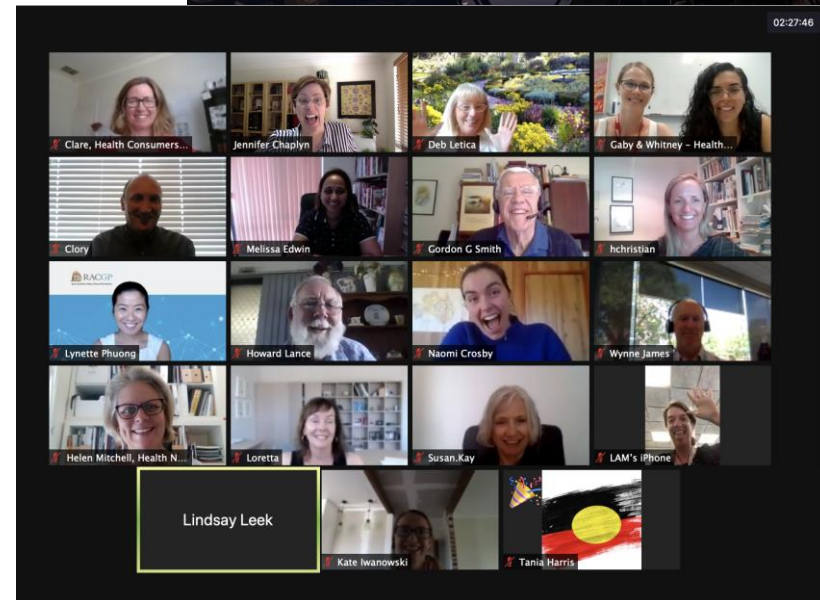
Various projects at WA Health services



<https://ww2.health.wa.gov.au/-/media/Corp/Documents/Health-for/Health-Networks/Healthy-Weight-Action-Plan/Shift-A-guide-for-media-and-communications-professionals.pdf>

WA Obesity Collaborative – connecting better

- Action 1.1 – trying to address the fragmentation people experience
- A “container” for people to work together and connect
- Pre-work has begun with it due to be established in 2021





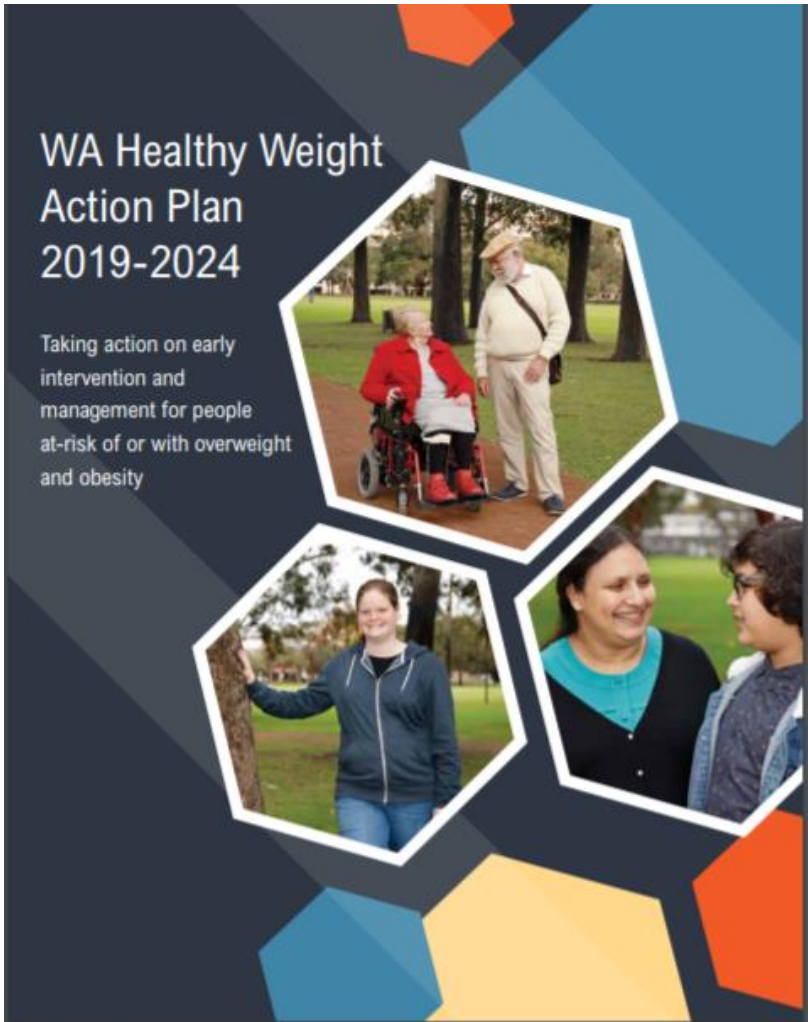
How do I
choose?



How can I guide
my clients to the
best option?



Action 5.1 & 5.2



5.1 Develop a set of Quality Standards related to early intervention and weight management approaches that includes information on how to measure and monitor compliance to support procurement and drive quality improvement.

5.2 Develop and implement an outcomes-based framework to guide purchasing and accountability of publicly funded early intervention and weight management services and a programs.



Next steps and opportunities

- Community Network - Partnering with consumer guidelines
 - Seeking participation from people living regionally, children/young people, Aboriginal people
 - First meeting in early 2021
- Obesity Collaborative
- Input to quality indicators
- Peer support
- HAES language
- Locally-based activities
- National Weight Issues Network



We're keen to know

- What do you think is important when talking about health, overweight and obesity?
- What do you think about the impact of overweight and obesity on the community?
- What is important for people who would like help to deal with health issues relating to their weight?
- Do you know about any programs or services that are working well to support people who would like to deal with health issues relating to their weight?
- How would you like to be involved in activities relating to improving health services in this area?



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HEALTH CONSUMERS'
COUNCIL

Let's talk!



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- <https://www.hconc.org.au/issues/partners-in-change-obesity-collaborative/>
- Join the discussion on Facebook
<https://www.facebook.com/groups/PartnersinChangeHCCWA>
- Join the Healthy Weight Action Plan consumer mailing list
<http://eepurl.com/dHephD>