

Healthy Weight Action Plan Consumer and Community Advisory Group

BACKGROUND

The Healthy Weight Action Plan (HWAP) was published in November 2019 after consultation with consumers, community, clinicians, policy makers and others. Implementation of this plan is now underway.

Health Consumers' Council WA (HCC) is one of the partners on the plan alongside the WA Department of Health and the WA Primary Health Alliance. HCC has received funding to support and promote consumer and community involvement in the implementation of the plan.

To inform the development of the plan, HCC ran a survey, held focus groups, invited people to share their stories and input to an online brainstorm, and created two videos. You can find out more at <https://www.hconc.org.au/issues/partners-in-change-obesity-collaborative/>

PURPOSE

This newly forming Advisory group will provide a consumer perspective on a range of activities related to the implementation of the HWAP.

An initial focus will be to discuss guidelines for involving consumers and community members in the planning, design, delivery, measurement and evaluation of systems and services relating to overweight and obesity.

WA health services are in the process of developing plans and activities to implement the HWAP. This may provide opportunities for consumers and community to be involved in local activities.

To support this work, a key next step is to have guidelines that inform consumer and community involvement activities relating to overweight and obesity.

Other work will be informed by consumer feedback that has been received, as well as suggestions from group members.

DEFINITION OF CONSUMER

People who have a lived experience of overweight or obesity.

DEFINITION OF COMMUNITY

We are particularly seeking expressions of interest from people living regionally, children/young people and families, and Aboriginal people.

We invited expressions of interest in spring 2020 and received expressions of interest from a range of people but we haven't yet received any from people in the groups above. We will be reaching out to key groups and networks to encourage participation from people from these groups if possible.

For this group, we are seeking input from community members who have an informed understanding of overweight and obesity and how it impacts the WA community. This could be based on their own or a family member's or friend's experience. This includes an understanding of the wide range of factors that impact on overweight and obesity including the environment, culture, access to healthy options and individual actions.

DELIVERABLES

- A Consumer Advisory Group with diverse membership including people with diverse experiences of the topic
- Training for group members on being a consumer representative
- Development of guidelines for involving consumers and community members in health services for overweight and obesity
- Discussions of consumer and community perspectives on other activities relating to the implementation of the HWAP.

ROLES AND RESPONSIBILITIES

The role of the Advisory Group is to ensure consumers are leading the work of developing guidelines about involving consumers in health services for overweight and obesity.

The group will also discuss consumer and community perspectives on other activities relating to the Healthy Weight Action Plan.

MEMBERSHIP

The membership of the Advisory Group will consist of approximately 12 people. We are seeking a diverse, inclusive membership and aim for at least two of the community members to identify as Aboriginal/Torres Strait Islanders. As mentioned above, we are also keen to encourage participation from people living regionally, and children or young people and families.

Feedback from other consumer consultations suggests there are some differences in experience between people depending on whether consider themselves to be slightly overweight, or significantly overweight. And also depending on how long people have lived with obesity – whether that's something recent, or it's been their experience for a number of years, including since childhood.

We also know that some communities are more impacted by overweight and obesity, and we're keen to have involvement from those groups – either through this advisory group, or by direct targeted involvement. The communities identified in the HWAP are Aboriginal people, culturally and linguistically diverse people, children, people living regionally, people over 45, men, and people with disability.

For this reason, we're keen to hear from people with different experiences of overweight and obesity.

You need to have:

- Lived experience of overweight or obesity, or an informed understanding of this experience
- Willingness to provide advice and guidance from a broad consumer focus as well as from own individual personal perspective

- Confidence in communicating with health professionals and administrators
- Willingness to participate in training relating to being a consumer representative

COMMITMENT:

- When:** Regular meetings as required – likely to be monthly – these may take place during or outside office hours, depending on the availability of most group members.
- Where:** Either virtual or at the Health Consumers’ Council, Unit 6 Wellington Fair, 40 Lord Street, East Perth
- Sitting Fee:** \$35.00 per hour of meeting plus reimbursement for public transport costs or parking
- Parking:** There is street parking on Moore Street and parking is \$3.40 per hour
- Public transport:** Walking distance from either McIver or Claisebrook Train Station, with Yellow Cat stop at Wellington Fair.

To apply:

To be considered for appointment to this position, please provide

- your personal contact details including demographics and whether you identify with any of the groups or experience mentioned above
- a summary of relevant interest and experience
- details of active networks (if available)
- what you hope to bring the group
- what you hope to gain from your participation in the group.

Submitting an Expression of Interest does not guarantee a place on the Advisory Group. We are seeking diversity in representation and the decision to appoint Consumers will be reviewed by the HCC team on that basis.

Please return your Expression of Interest to info@hconc.org.au

or call Clare Mullen on 08 6311 9713 to discuss



See https://ww2.health.wa.gov.au/Articles/U_Z/WA-Healthy-Weight-Action-Plan

And <https://www.hconc.org.au/issues/partners-in-change-obesity-collaborative/>