

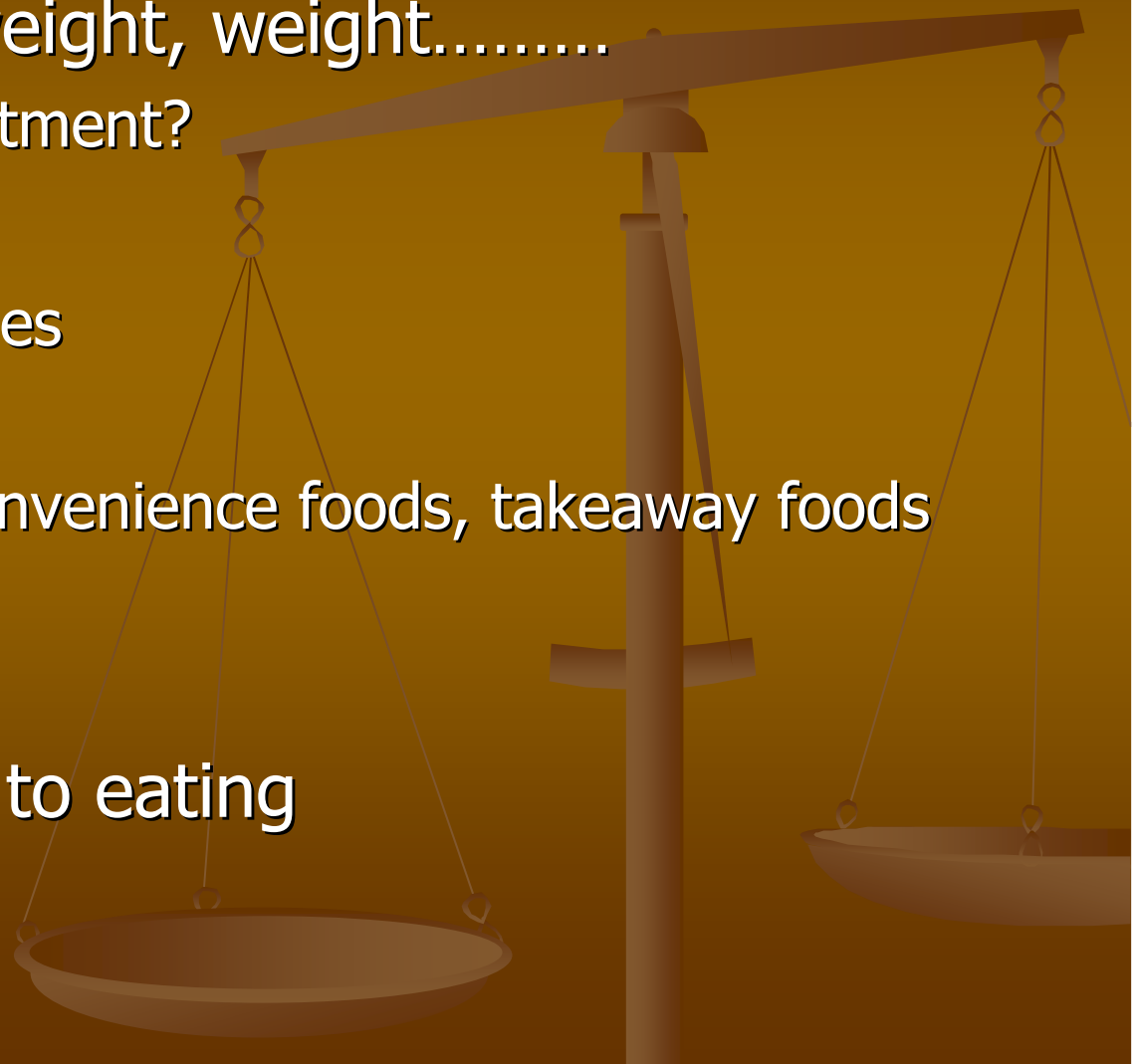
Nutrition and Weight Lifescritps



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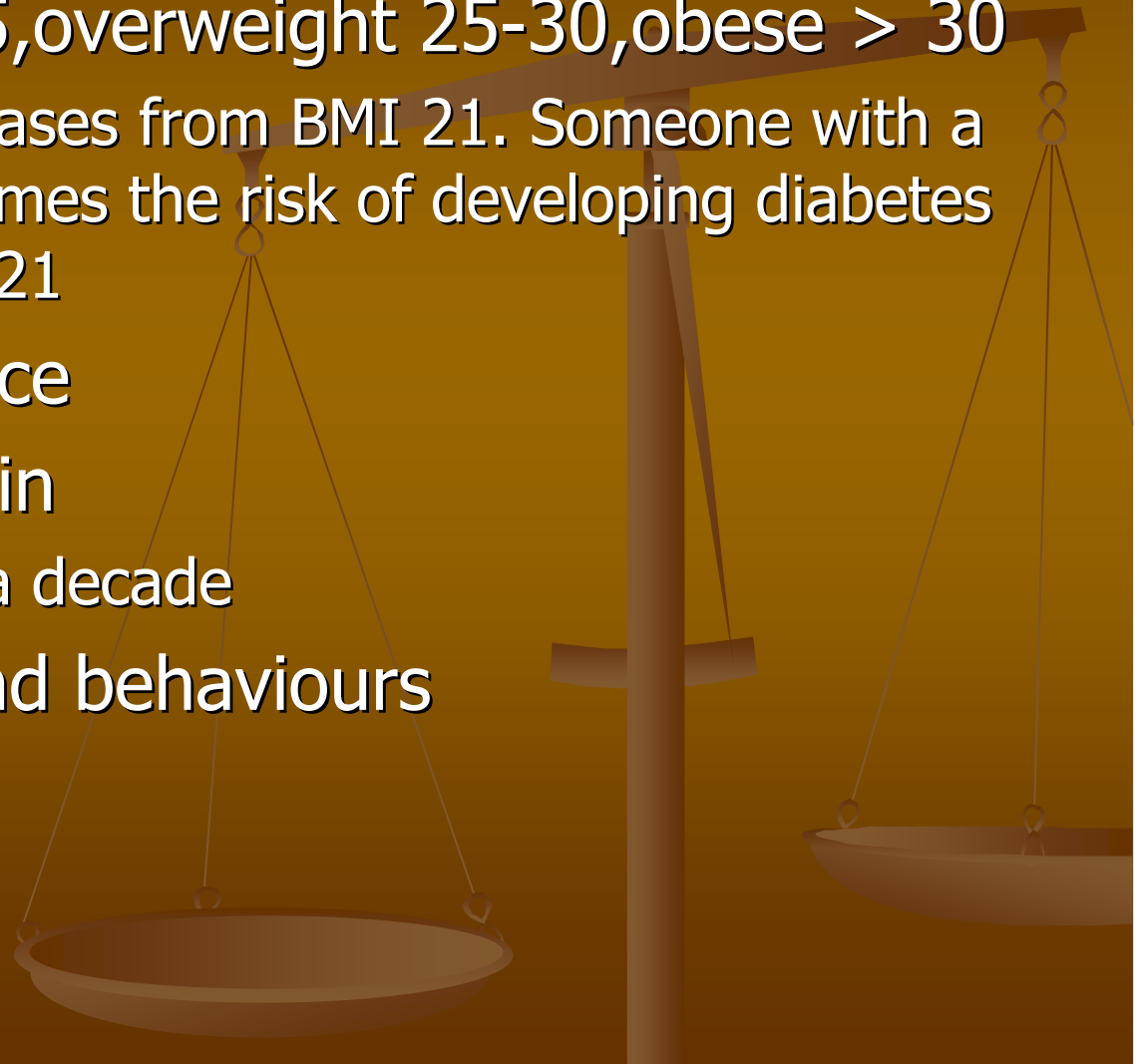
Issues

- Weight, weight, weight, weight.....
 - Prevention or treatment?
- Energy density
 - Fruit and vegetables
 - Saturated fat
 - Snacks, drinks, convenience foods, takeaway foods
 - Fibre
 - Water
- Behaviour related to eating



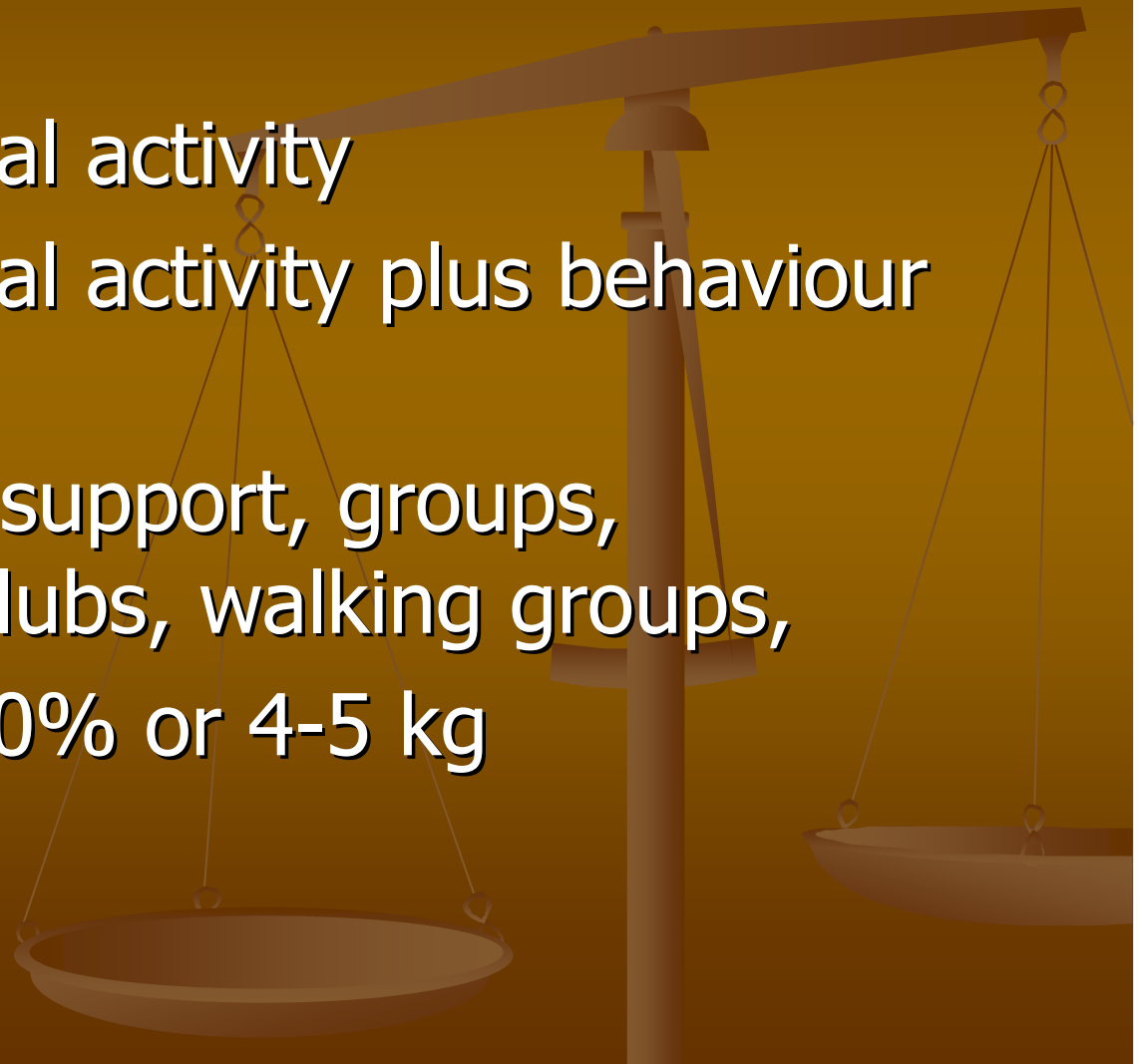
Assessment

- BMI healthy 18-25, overweight 25-30, obese > 30
 - Risk actually increases from BMI 21. Someone with a BMI of 26 has 4 times the risk of developing diabetes compared to BMI 21
- Waist circumference
- Recent Weight Gain
 - weight gain over a decade
- Eating patterns and behaviours



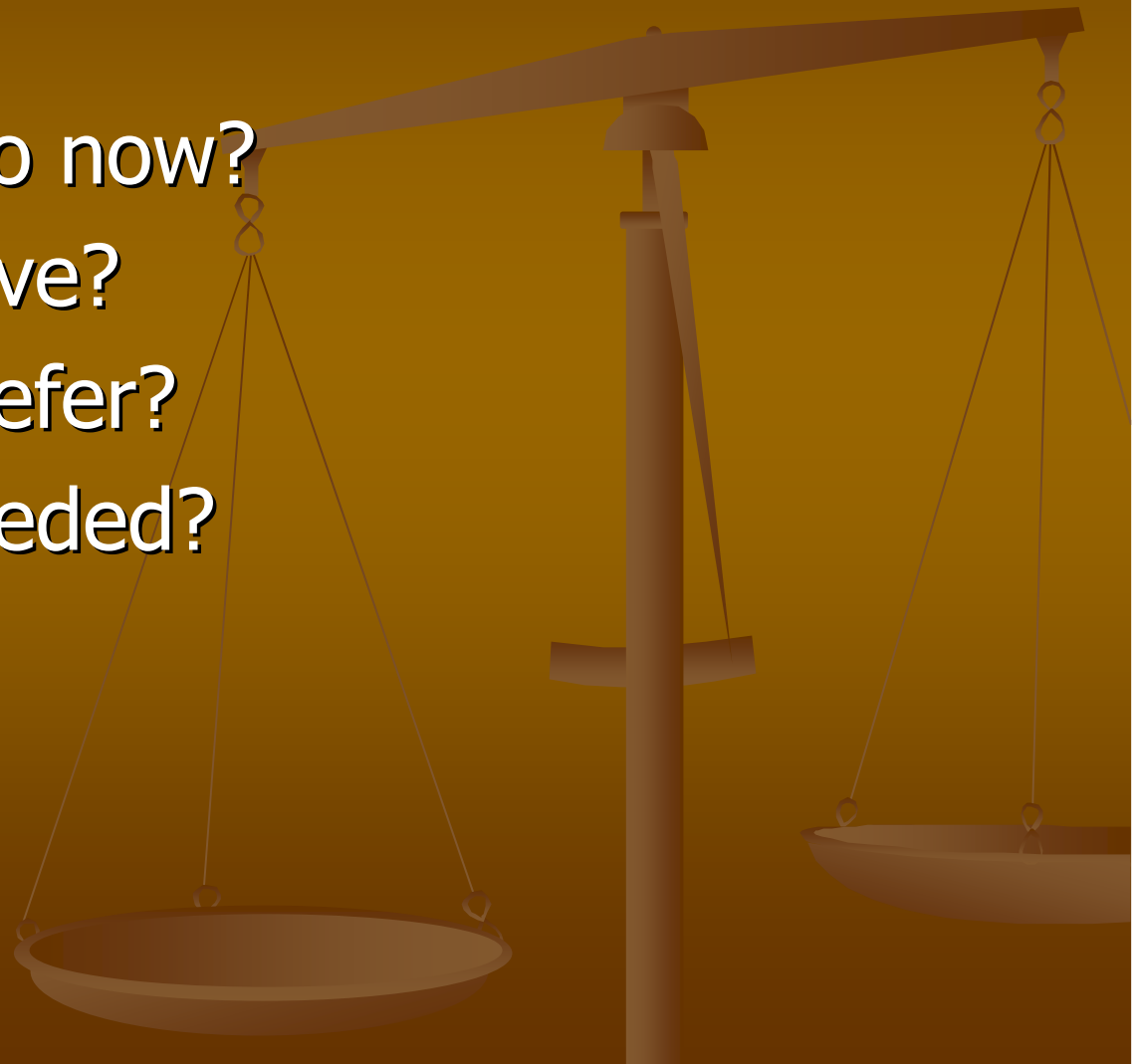
Advice for weight management

- Diet alone
- Diet plus physical activity
- Diet plus physical activity plus behaviour modification
- Add some local support, groups, organisations, clubs, walking groups,
- Weight loss 5-10% or 4-5 kg

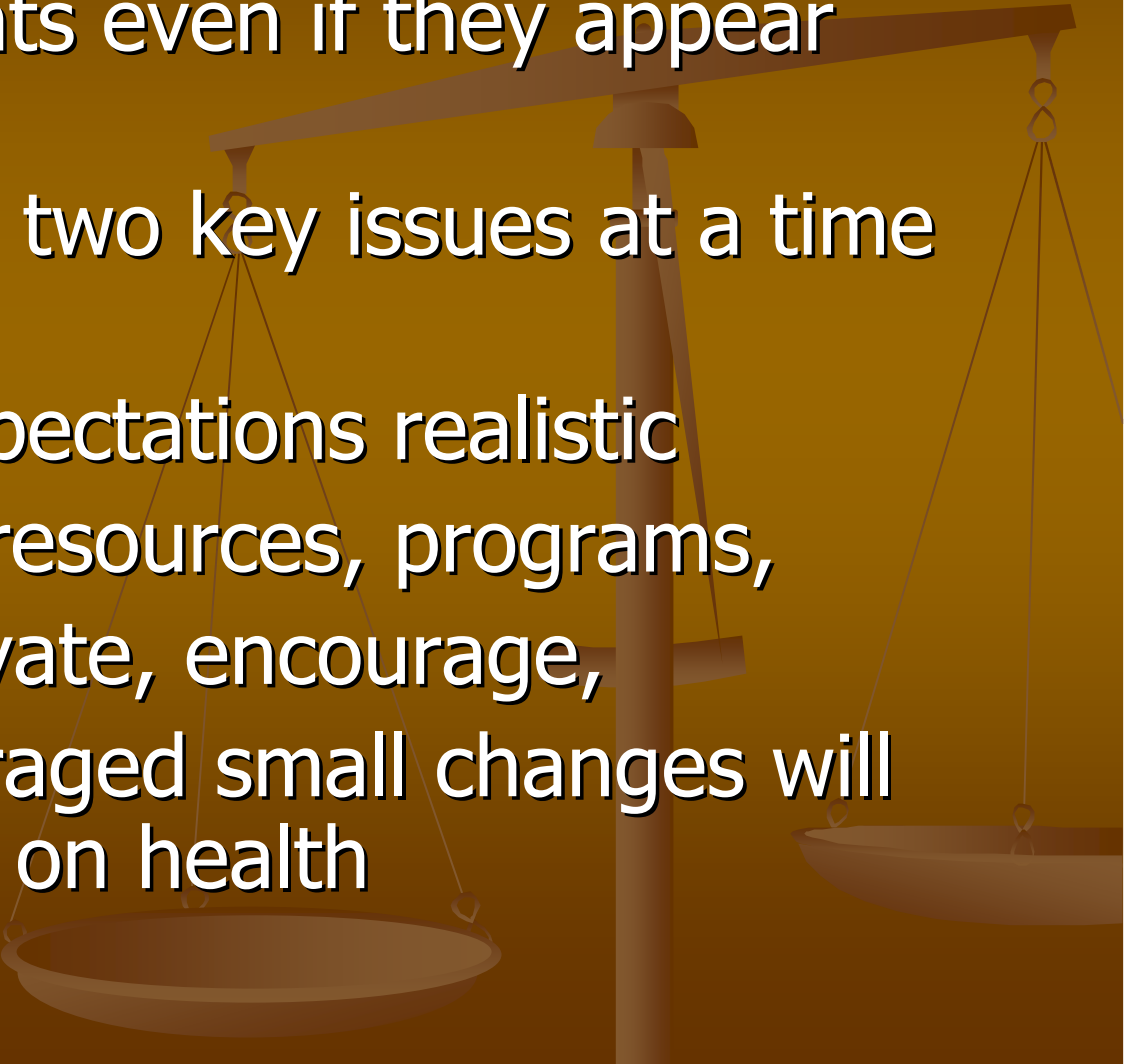


The GP

- Do they care?
- What do they do now?
- Will it be effective?
- When do they refer?
- What help is needed?



Key messages

- Assess all patients even if they appear healthy weight
 - Focus on one or two key issues at a time rather than all
 - Keep patient expectations realistic
 - Link with other resources, programs,
 - Follow up, motivate, encourage,
 - Don't be discouraged small changes will have big impact on health
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Referral

- Community Health Centres
- Dietitians
- Commercial organisations and non profit weight loss organisations
- Non Gov Organisations
- Dietitians Association Australia
- Nutrition Organisations
- State Governments, information, websites, programs,

