POPULATION HEALTH PROBLEMS



Obesity

Facilitator Notes

Scenario Notes and Clarifications

Freya does not have an underlying medical cause for her weight gain, but discussion around this would be reasonable.

Prior to this appointment, Freya's family did not think of her weight as a problem.

'Trisomy 21' can be used interchangeably with 'Down/Down's Syndrome'.

Discussion Prompts

Community paediatricians are not usually directly involved in managing weight in children, however it is usually an incidental finding that they are the first to raise with families. Practical information about individual management would be helpful however, for the purposes of this session, discussion around population level influences and interventions should be prioritised.

Discussion of the scenario questions may include:

- how to phrase your discussion with families.
- health implications of childhood obesity (e.g. life course, obesity as cause of early puberty).
- 'food deserts' and other health inequalities linked to obesity.
- existing support services available to families.
- example population interventions and their relative successes, e.g. 'eat less, move more'.

Useful Resources for Trainees

Importance of raising issue with individuals…

Commented [1]: Anyone know any other specific programmes/campaigns?

Commented [2]: Does anyone have any ideas? Groups/guidelines/websites?

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Making Every Contact Count (MECC) | NHS England | Workforce, training and education

*But…with **sensitivity** is of key importance:*

Five A's counseling in weight management of obese patients in primary care: a cluster-randomized controlled trial (INTERACT) - PMC

Non-shaming approached are advised:

Psychological Perspectives on Obesity - Addressing Policy, Practice, and Research Priorities.pdf

Addressing issue at **wider systems level** is needed for population change: "To address obesity, the focus needs change from the individual to the systems causing obesogenic environments":

Time to tackle obesogenic environments - The Lancet Public Health

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