



*Issue 5, May 2014*

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#### **Upcoming COMPARE-PHC Event- Tuesday 3 June 2014**

- Barbara Docherty from the University of Auckland's Training and Development Services (TADS) will be visiting UNSW Australia to run a free workshop titled: "**Finding the right words to help patients manage their weight**". This event is hosted by the Centre for Obesity Management and Prevention Research Excellence in Primary Health Care (COMPARE-PHC) and the Australia Primary Health Care Nurses Associated (APNA). **This workshop is now fully booked.**

#### **COMPARE-PHC research update**

##### **Better Weight Management in General Practice (BMWGP)**

- This stream 2 cluster randomised trial is commencing in general practices in South West Sydney and Central Adelaide Hills. The intervention involves training practice nurses to act as prevention navigators to help overweight patients with low health literacy overcome barriers to attending effective weight management programs in their local communities. The trial will evaluate the impact of this on patient's diet, physical activity and weight over 12 months. For more information click [here](#).

#### **Medicare Locals and obesity**

- South Eastern Sydney Medicare Local (SESML) have designed a [GP Exercise Referral Scheme \(GPERS\)](#) program for people referred by a GP or a health professional to prevent or manage certain medical conditions. As part of the GPERS program, an ESSA Accredited Exercise Physiologist customises a tailored exercise prescription to help patients become more active and improve confidence to make positive lifestyle changes.
- Click [here](#) for more information about what Medicare Locals are doing about obesity. If you have more information on what is happening in a Medicare Local, please email us at [comparephc@unsw.edu.au](mailto:comparephc@unsw.edu.au).

#### **Latest news and research**

- Education improves perception of healthy food affordability. [Read more](#).

- Obesity costs \$19,000 per child. [Read more.](#)
- Food at home linked with mother's knowledge and child's intake. [Read more.](#)
- High intensity training or continuous aerobic training for weight loss? [Read more.](#)
- Overweight not linked with higher risk of mortality in the elderly. [Read more.](#)
- Lifestyle interventions with a weight loss and exercise component improve insulin sensitivity. [Read more.](#)
- Low GI diet reduces obesity in obese adolescents. [Read more.](#)
- High-calorie breakfast with reduced intake at dinner has a positive effect on weight loss, insulin sensitivity, and hunger suppression. [Read more.](#)
- Daily self-weighing does not cause adverse psychological outcomes. [Read more.](#)
- Sign up for more news via our RSS feed [COMPARE-PHC News](#).

### Get to know the COMPARE-PHC team – Dr Elizabeth Denney-Wilson

- [Dr Elizabeth Denney-Wilson](#) is a Senior Lecturer in the Faculty of Health at the University of Technology in Sydney. Find out more about Professor Iain Broom by clicking [here](#).



### COMPARE-PHC e-Newsletter Evaluation Survey- Have your say

- The COMPARE-PHC team is reviewing its e-Newsletter. The results of this survey will be used to improve content and delivery. Please take a few minutes to fill out this brief survey by clicking [here](#). Your feedback is important.

### Your news

- Do you have an intervention for obesity management or prevention in primary health care? Or perhaps you have recently developed a policy or resource? If you would like to share what you are working on, please email us at [comparephc@unsw.edu.au](mailto:comparephc@unsw.edu.au).

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