



*Issue 3, November 2013*

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<http://compare-phc.unsw.edu.au/node/96>

#### **COMPARE-PHC topic summaries**

- Preventing obesity in young children is summarized and explained [COMPARE-PHC Topic Summaries](#).

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

- Click [here](#) for more information about what Medicare Locals are doing about obesity. For example, the [Active Measures Program](#) is a community based program for those with a BMI over 30. It incorporates education and exercise sessions delivered by dietitians and exercise physiologists to support healthy weight loss.
- 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**

- A review of the literature has identified that the value around interventions targeted at the severely obese population could cut healthcare costs. [Read more](#).
- A recent RCT has indicated that it is cost effective for GPs to refer obese patients to a commercial provider (i.e. Weight Watchers). [Read more](#).
- This report for the first time presents overweight and obesity rates at the local level across Australia. [Read more](#).
- Australia and New Zealand get a fail in obesity prevention. [Read more](#).
- Sign up for more news via our RSS feed [COMPARE-PHC News](#).

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

- COMPARE-PHC has three streams of research: on early childhood; disadvantaged adults and implementation of evidence based guidelines. As part of the second research stream, a pilot study has been completed on the feasibility of enhancing preventive care for patients with low health literacy in Australian primary care. Following screening for low health literacy and training, clinicians reported an increased frequency of tailoring advice, asking patients to repeat key points and encouraging questions from patients with low health literacy. However there was less change in their overall approach to preventive care. The results of the pilot study have been presented at the 2013 NAPCRG Annual Meeting Presentations, which can be accessed [here](#). For further information on this study, go [here](#). For further information on COMPARE-PHC research, go [here](#).

### Get to know the COMPaRE-PHC team

- Professor Mark Harris is the Director of COMPaRE-PHC. Find out more about Professor Mark Harris by clicking [here](#).



### 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).

### COMPaRE-PHC is now on twitter

