



Issue 4, February 2014

If you are unable to view the pictures and web links, please go to the online version of the e-newsletter:
<http://compare-phc.unsw.edu.au/node/96>

COMPARE-PHC topic summaries

- Local population health measures to prevent obesity and the role of Medicare Locals
[COMPARE-PHC Topic Summaries.](#)

COMPARE-PHC Events

- As part of our knowledge exchange program, COMPARE-PHC is hosting a visit by Professor Iain Broom.
- Currently confirmed events are:
 - 27 Feb: Public seminar at University of New South Wales.
 - ~~28 Feb: Masterclass for Medicare Locals and others at University of New South Wales. THIS CLASS IS NOW FULL~~
 - 4 Mar: Masterclass for Medicare Locals and others in Adelaide
 - 6 Mar: Public seminar at University of Sydney.
 - 6 Mar: Masterclass for health professionals and others at University of Sydney.
- For more information about his seminars and master classes in Sydney and Adelaide, click [here](#). **Places are limited, so register now.**
- If you have any questions about these events, please email comparephc@unsw.edu.au

Medicare Locals and obesity

- The South Western Sydney Medicare Local (SWSML) have recently begun planning to promoting the use of the 5As for disease prevention. The 5As Program Officer, Gail Forlonge said "SWSML intends to promote the use of the 5As and 1 minute intervention for disease prevention over the next 3 years among primary care providers in the Medicare Local area. A variety of strategies will be used based on offering a menu of options to general practices and allied health professionals to ascertain what, if any, approach will be most useful for them. Once a practice decides to engage with the use of the 5As and 1 minute intervention for disease prevention, SWSML plans to provide support and resources in a way that is identified by the practice as being most suitable for their needs. We are pleased to have the support of UNSW in guiding us as we approach this challenging and hopefully rewarding task."
- 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.

Latest news and research

- A recent systematic review and meta-analysis: text messaging interventions can promote weight loss. [Read more.](#)
- It is not only feasible and acceptable to use text messaging for weight loss, but participants find it useful. [Read more.](#)
- A parent-focused intervention effective in reducing infant obesity risk behaviors. [Read more.](#)
- Bariatric surgery provides a substantial and sustained effect on weight loss: A review and meta-analysis. [Read more.](#)
- Comprehensive behavioral weight loss counselling over 8 years produced clinically meaningful weight loss (Look AHEAD Study). [Read more.](#)
- The International Association for the Study of Obesity (IASO) release a 10-point action plan to tackle obesity. [Read more.](#)
- The NSW Government recently launched a comprehensive five year strategy to reduce overweight and obesity [Read more.](#)
- Midlife obesity projected to increase 6-folds by 2050. [Read more.](#)
- Health professionals find it difficult to discuss obesity during antenatal visits with obese women. [Read more.](#)
- A health promotion intervention can affect diet quality in early childhood. [Read more.](#)
- Is it possible to be healthy despite being obese? [Read more.](#)
- Sign up for more news via our RSS feed [COMPARE-PHC News.](#)

COMPARE-PHC research update

- As part of Stream 2 of COMPARE-PHC, the University of Technology, Sydney (UTS) is recruiting mothers for a study of infant feeding. The research aims to understand the factors that influence mothers' behaviors that in turn affect their babies' eating, sedentary behavior and weight. It is also investigating what information and support mothers' would like to receive from health professionals and the community. Participation in the study involves a 30-minute telephone interview. Participants will receive a \$30 supermarket voucher as a token of the investigators' appreciation. For further information about recruitment, click [here](#). For further information on COMPARE-PHC research in Stream 1, click [here](#).

Get to know the COMPARE-PHC team – Professor Iain Broom



Professor Iain Broom is a COMPARE-PHC Investigator who is visiting Australia in February-March 2014.

Professor Broom is Director of the Centre for Obesity Research and Epidemiology ([CORE](#)) at Robert Gordon University.

Along with several UK colleagues, he has been responsible for the development of the [Counterweight](#) weight-loss program, which has been rolled out across the NHS.

Find out more about Professor Iain Broom 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.



COMPARE-PHC is now on twitter

To opt out of this mailing list email comparephc@unsw.edu.au with 'unsubscribe' in the subject line