

Welcome

Welcome to the first newsletter of the Centre for Obesity Management and Prevention Research Excellence in Primary Health Care (COMPARE-PHC).

About COMPARE-PHC

COMPARE-PHC is one of eight Centres of Research Excellence (CREs) in primary health care funded by the Australian Primary Health Care Research Institute that have been established to undertake research focused on key health reform challenges. [Click here to learn more about COMPARE-PHC!](#)

Get to know the COMPARE-PHC Team

Profile- Dr Deborah Askew

Dr Deborah Askew is Research Director at the Inala Indigenous Health Service, and Senior Lecturer in the Discipline of General Practice, The University of Queensland. She is a primary health care researcher, with a particular interest in researching new models of care for prevention, management and treatment of chronic disease in disadvantaged groups.

[Click here to read more about Dr Deborah Askew](#)



COMPARE-PHC Events



Dr William Dietz presenting in Australia

The COMPARE-PHC website was officially launched on Monday 8th July. The website can be accessed at <http://compare-phc.unsw.edu.au>.

COMPARE-PHC hosted forums in Sydney, Melbourne and Canberra focussing on the role of primary health care in the management and prevention of obesity in the community. The speakers included prominent Australian and international experts, including Dr William Dietz (former director of the Division of Nutrition and Physical Activity at the Centers for Disease Control and Prevention, USA) who reviewed the prevalence and trends in obesity and discussed the opportunities and challenges faced in addressing obesity. Dr Dietz also presented the keynote address at the 2013 PHC Research. [Click here to access the presentations.](#)

Save the Date: Wednesday 18th September 2013

UTSpeaks: Fighting Fat– Is it ever too late to take action and have a lighter, healthier life?

We all know how to lose weight - eat less and run faster, right? So why is it so hard for so many to avoid putting on the kilos? The forces leading to obesity can be many and they can affect us in different ways. It's a condition that starts early, yet it's a condition we can act on and change.

This public lecture tackles the facts and fictions of obesity. It compares our current concepts of normal body size with those of the past. It explores how culture, advertising, family life, the media, fitness industry and health professionals mould the good and bad attitudes we have about food and body shape. It explains the serious risks to our health from being overweight and gives guidance on how we can become lighter and healthier. [Click here for more information on the event and to RSVP.](#)

Research Briefs

Preventing obesity in young children

Overweight and obesity is a common and serious problem across the lifespan, and currently about a quarter of children and over half of adults are affected. Sustained weight loss is difficult, as is modifying the behaviors that contribute to weight gain such as eating and physical activity. Strategies aimed at prevention of overweight are likely to be more effective in the long term. In terms of prevention of excess weight gain, there is an increasing body of evidence that particular life stages may provide important intervention points, including early life and young adulthood. [Click here for more information.](#)

The role of nurses in General Practice in preventing child obesity

Overweight and obese children are seen frequently in primary care and it is crucial that nurses be able to identify and intervene with parents to prevent ongoing excess weight gain. Previous studies have indicated that with additional training and support nurses can have an impact on unhealthy weight gain in children but little work has been done in Australia to enable them to contribute to obesity prevention efforts. Our own research suggests that nurses in general practice want to be involved in preventive care and welcome additional training around child obesity; and that a brief training workshop can facilitate obesity prevention being incorporated into a child health check. [Click here for more information.](#)

Medicare Locals and Obesity

The COMPARE-PHC website includes a page on initiatives in Medicare Locals that relate to the prevention and management of overweight and obesity by primary health care. One example is **South Western Sydney Medicare Local's Healthy Eating Activity & Lifestyle (HEAL™) Program**. HEAL™ aims to assist people who are overweight, or obese, with existing chronic disease or at risk of developing chronic disease to improve their health and well-being by providing lifestyle education with a focus on improving nutrition and physical activity and promoting self-management. HEAL™ consists of 8 weekly group education and group exercise sessions as well as individual consultations pre- and post-program, and 5 and 12 month follow-up consultations. This program is being rolled nationally. [Click here for more information.](#)

Medicare Locals are invited to share what they are doing via COMPARE-PHC. Please send information to comparephc@unsw.edu.au.

News & Publications by COMPARE-PHC Investigators

News

The NHMRC recently released its new "Clinical Practice Guidelines for the Management of Overweight and Obesity in Adults, Adolescents and Children in Australia". [Read more](#)

Interview with Prof. Mark Harris about the NHMRC Obesity Guidelines. [Click here to view the interview](#)

Publications

Families with young children.

Practice Nurses are interested in prevention of child obesity, but experience barriers and low confidence levels. [Read more](#)

Disadvantaged communities

Concerning proportion of urban Indigenous infants experience rapid weight gain and overweight/obesity in early childhood. [Read more](#)

Implementation of guidelines

A higher level of involvement of practice nurses in the provision of clinical-based activities with obese patients can reduce costs and improve outcomes. [Read more](#)

There is room for improvement in the provision of dietary advice (eat less fatty food, eat more fruit and vegetables) and physical activity advice by general practitioners in Australia. [Read more](#)

Guest Article

Are you interested in writing an article for COMPARE-PHC?

Contact comparephc@unsw.edu.au for more information.