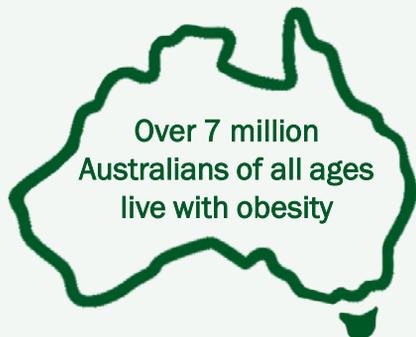




Obesity in Australia



Even though obesity affects everyone in some way, people with obesity are often stigmatised by others in the community, including by those who provide health care.

This can cause people with obesity to delay having a conversation with a health professional.

What is happening:

*“Everyone **blames me**”*

What should be happening:

*“People should understand **obesity is a complex disease, modern societies promote weight gain**”*

Some communities are more impacted than others...



Regional and remote communities:

Obesity rates are 6-10% higher in regional areas than in major cities



Socially disadvantaged communities:

Obesity rates are 14% higher in socially disadvantaged communities than advantaged ones



Aboriginal & Torres Strait Islander Australians:

Obesity are 9% higher for adults identifying as Aboriginal or Torres Strait Islander than all Australians

It can be a challenge to access the right care and support



This is because:

- Limited clinical obesity services are available and mostly in major cities;
- Access to medications, allied health services, and bariatric surgery are available mostly to people who can afford to pay;
- The stigma surrounding obesity can prevent individuals from taking the first step.

Let's take collective action to provide fair access to high quality health care for all Australians!



The National Framework for Clinical Obesity Services

*A new Framework to create **better access to high-quality obesity care for Australians***

Objective 1



Principles and standards:

The Framework defines national principles and standards of care for obesity that include better access to care and more knowledgeable health care providers and consumers.

Objective 2



Clinical obesity services:

The Framework creates a picture of what obesity care and support services should look like in Australia. Key elements of that vision include working with the individual at the centre of decision-making, understanding individual circumstances, and using a long term chronic disease management approach – people often live with obesity throughout their entire lives.

Objective 3



Barriers and enablers:

The Framework calls out what some of the challenges are to accessing obesity care and support services, and explores potential opportunities to improve the health system so that individuals with obesity or weight-related health impairments can more easily understand and access the care and support they need.

Objective 4



Recommendations:

The Framework contains a set of actions for governments and health care providers to bring about change that will stick, including more education and resources for the community and care providers.

OUR VISION:

To live in a society that provides the *right support at the right time* to best manage obesity and its complications

OUR RECOMMENDATIONS:

- **Recognize** obesity with health impairment as a chronic disease to give it the attention it needs
- **Develop** clinical obesity services to improve access and standards of care
- **Review** health care funding to enable fair access to clinical obesity services and treatments for Australians