



NACOSTM

National Association of Clinical Obesity Services

Introduction

The National Association of Clinical Obesity Services (NACOS) is a collective of representatives of organisations, health care professionals (HCPs), researchers, and other stakeholders with an interest in clinical obesity services in Australia. We are nationally known as the peak organisation responsible for driving improvements in access to clinical obesity services and raising standards in clinical obesity care. The NACOS is leading a broad programme of activities to achieve this outcome.

The NACOS was established on 26 October 2018 and registered as NACOS Incorporated with Consumer Affairs Victoria on 25 January 2019.

NACOS Vision

Our vision is to live in a society that provides timely and equitable access to the best available care for the effective management of obesity and its complications.

NACOS goals and objectives

The NACOS members are committed to driving improvements in the quality of obesity care by implementing and evaluating new evidence-based policies and practices in Australia's health system.

The purposes of the incorporated association are to promote high-quality care according to the principles and standards proposed in the National Framework for Clinical Obesity Services.

In addition, we will work alongside our partner organisations to:

- reduce the stigma of obesity and clinical obesity services and treatments
- engage with priority stakeholders and representatives of high-need cohorts
- enable access to information and networking opportunities for all clinical obesity HCPs and researchers focussed on the provision of quality care for people living with obesity or weight-related health impairments
- develop and disseminate clinical obesity knowledge and education programmes
- encourage and support specialist/surgical obesity services to collaborate with all relevant HCPs to optimise the delivery of quality care, especially in poorly resourced areas

Key achievements and ongoing project areas

Since only one year after its establishment, the NACOS is rapidly affirming its legitimacy as the peak organisation responsible for driving improvements in access to clinical obesity services and raising standards in clinical obesity care. By supporting NACOS, sponsors would be aligning themselves with our vision for a future state in clinical obesity care and could expect to gain significant visibility, awareness, and access to key stakeholders in clinical obesity services.

Below is a snapshot of these achievements and projects:

1. Incorporation, governance, visibility, and impact

Clinical obesity services (or clinics) variably provide intensive lifestyle interventions/support, psychological treatments, pharmacotherapies, as well as access to bariatric surgery when indicated and where feasible within Australia's health care system. Although these were the primary membership category, the NACOS Committee recently voted to change the NACOS membership structure and create a new individual membership category for clinicians/surgeons, HCPs, and other stakeholders with a special interest in clinical obesity services.

In our first year, NACOS has incorporated as an organisation, developed a Constitution, membership framework, and built a website with membership application processing and database creating functions.

With support from our 2019 corporate sponsors (*Novo Nordisk* and *Medtronic*) and 30 members, NACOS is now up and running. We aim to double our membership annually over the next three years.

2. National Framework for Clinical Obesity Services

The purpose of the Framework is to offer practical guidance on how to best design, deliver, and access clinical obesity (or 'weight management') services for key stakeholders, including health care professionals (HCPs), consumers, those working in the health insurance industry, and policy makers. The Framework was developed using an iterative process involving rigorous methods to solicit expert views and ideas that were further tested against existing evidence, where available. An unrestricted grant from Novo Nordisk Pharmaceuticals Pty Ltd was provided to the NACOS for this project. The NACOS has subsequently commissioned PwC to facilitate the development of this Framework. We have published the Framework and Appendix reports, as well as a 2-page infographic for consumers on our homepage (<https://www.nacos.org.au/>).

The NACOS anticipates that the Framework will be an important first step necessary to guide the development of an implementation plan to scale up clinical obesity services and raise the standards of care. This would result in significant changes in our health system and millions of people in our community having more equitable access to effective obesity care. The NACOS Framework is highly complementary to the ANZMOSS Framework for Public Bariatric Surgery, which will also be published soon. The developments of both Frameworks are timely and should be very useful to the government in the development of National Obesity Strategy. We are now engaging with the government to explore opportunities in developing solutions to help address the inequity of obesity health care in Australia.

3. Decision Aid for Clinical Obesity Services (DACOS)

The NACOS is working on a project to evaluate outcomes across different clinical obesity services using 'real world' longitudinal data within the Australian health system (Phase I). For example, to evaluate the effects of currently used treatments and patient management plans on patient outcomes (e.g. change in body fatness indicators and weight-related complications) and service outcomes (e.g. treatment adherence and service retention). This will produce real world information on the delivery of clinical obesity care and measures against existing standards. This is an important first step in evaluating outcomes that reflect clinically meaningful improvements in patient health and service provision across different settings.

We have succeeded in securing a partnership grant with Western Sydney University (WSU) to broaden the project aims to develop a decision aid for clinical obesity services (Phase II). This program could be used to inform patients and service providers of the amount of weight-loss and health improvements that might be expected at specific clinical obesity services with specific treatments and management plans over time. The NACOS plans to use the findings of the DACOS to develop an accreditation process that assesses obesity competencies for undergraduate and graduate education in clinical obesity care. The project, expected to be completed by the end of 2020, has been enabled by a grant from Novo Nordisk.

4. NACOS Education Forum and Official Launch

In May 2019, the NACOS received a grant from Novo Nordisk to sponsor our first clinical education forum and official Launch. The Forum was held in Sydney on 14 September 2019 and was a success at every level. Approximately 60 representatives from various types of clinical obesity services across metropolitan Sydney, Victoria, South Australia, and the ACT were hosted to attend the meeting.

Distinguished speakers, with expertise across major areas in clinical obesity care to deliver world class professional education, including Professor of Medicine, Dr Arya Sharma, University of Alberta, Canada, were secured to participate. These discussions are now freely available to view on the society home page: <https://www.nacos.org.au>.

In future, the NACOS aims to deliver biennial scientific conferences for clinical obesity with appeal to all HCPs, health policy makers, and other stakeholders with an interest in clinical obesity services/care.

5. NACOS Clinician Networking

In recognition of the unique challenges that public hospital-based obesity services face, the NACOS plans to develop and support a network of clinicians working within these services to meet regularly in order to discuss clinical and service activities and concerns, to share relevant research and to plan for the collection of common outcome data and collaborative projects.

Sponsorship Opportunities

NACOS has set in place the following objectives:

- To establish quality improvement processes for members that promotes higher standards of care
- To evaluate services, standards, and quality assurance activities that promote higher standards of care
- To promote higher standards of care via research
- To promote NACOS, and its partnership alignments, with all relevant external stakeholders on a local, national, and international level

An alignment with NACOS will provide sponsoring organisations significant opportunities for engagement with multiple stakeholder groups involved in clinical obesity care including:

- Health care professionals with an interest in clinical obesity
- Obesity advocacy groups
- Research organisations

NACOS is seeking organisations to become Sponsors.

Benefits of Sponsoring

The benefits are many, including:

- ✓ High-level engagement with NACOS in discussions about the future directions of obesity care in Australia
- ✓ Be seen as a supporter of NACOS
- ✓ Align your business and brand with the first nationally recognised association of clinical obesity services
- ✓ Explore opportunities to access a wide range of stakeholders in the field of obesity care
- ✓ Strengthen your profile and position your organisation as a key industry supporter of NACOS
- ✓ Develop new partnerships and networks with key decision makers/influencers in clinical obesity care
- ✓ Enable your organisation to connect and develop strategic relationships with other stakeholders in clinical obesity care

Levels of Sponsorship

- Project based
- Premier Sponsor
- Supporting Sponsor
- Advocate

Sponsorship Packages

PROJECT-BASED

Below are several projects aligned with our above stated vision, goals, and objectives requiring funding (all figures are ex-GST).

Project 1: New services for obesity assessment and management in primary care

On 24 June, the National Association of Clinical Obesity Services (NACOS) received a formal invitation from the Medical Benefits Division of the Australian Government, Department of Health, to consider lodging an application for a Medical Services Advisory Committee (MSAC) assessment of new services recommended by the MSAC Executive for new non-surgical obesity treatments in primary care.

This initiative aligns with the first National Framework for Clinical Obesity Services recommendation to review and reform new Medicare Benefits Schedule (MBS) and Pharmaceutical Benefits Scheme (PBS) provisions and referral rules to provide equitable access to evidence-based clinical obesity services and treatments (page 35 in the Framework).

We are now working with various parts of the Department of Health on this project. The application cut-off date for the next MSAC cycle likely to be around mid-November 2020 with a PASC (Protocol Advisory Sub Committee) meeting around April-May 2021.

Timelines: The entire process is expected to take around 18 months. It requires ongoing consultations with representatives from several areas of the Department of Health including the Medical Specialist Services Section, Health Technology Assessment (HTA) group, and Protocol Advisory Sub-Committee (PASC); as well as representatives from key health professional organizations and consumer groups.

Estimated costs: This project requires staff support on a flexible basis over 18 months, totalling \$82,500. This includes:

- 1 x senior project manager compensated at 0.2 full-time equivalent (1 day/week, approximately \$52,500); and
- 1 x assistant project officer for administration support, compensated at 0.3 full-time equivalent (2 days/week approximately \$30,000).

Benefits (valid to end of 2021):

- Acknowledgement on the NACOS website as “Key Supporter” with logo and hyperlink
- Recognition by the President at NACOS-attended meetings
- Acknowledgement in the Annual Report to our members
- Premium logo position on promotion and marketing to our members

Project 2: NACOS monthly live case conferencing

To promote high standards of clinical obesity care and support a network of clinicians working within these services, NACOS offers monthly live case conferencing open to all health care professionals with a special interest in clinical weight management. Since our first event in June, we now have a database of around 100 health care previously registered participants and this list is growing exponentially. Participants benefit from live case conferencing of up to 2-3 cases of complex patients with two of our leading and highly recognised experts.

Timelines: monthly, 10 to 11 per calendar year

Estimated costs: This project requires honoraria to compensate two experts, a moderator fee, and an annual Zoom subscription prorated over 18 months (up to December 2021) totalling \$19,500. This includes:

- Honoraria per expert (\$500 x 2)
- Moderator fee (\$500)
- Zoom subscription (\$500 per year)

Benefits (valid to end of 2021):

- Acknowledgement on the NACOS website as “Live Case Conferencing Sponsor” with logo and hyperlink
- Acknowledgement in the Annual Report to our members
- Logo on all promotion to our members in regards to the live case conferencing
- Acknowledgement during the live case conferencing

Other Sponsorship Packages

The sponsorship investments below are for a 12-month period although we welcome longer term sponsorships such as 3 or 5-year commitments. This provides increased benefits to sponsors through long term affiliation and continuity of brand alignment (all figures are ex-GST).

Premier Sponsor \$50,000

This is the premium partnership with NACOS that will be recognised accordingly. Benefits include:

- Acknowledgement on the NACOS website as “Premier Sponsor” with logo and hyperlink
- Premium logo position on promotion and marketing to our members
- Recognition by the President at NACOS-attended meetings
- Acknowledgement in the Annual Report to our members

Supporting Sponsor \$25,000

An important level of support that receives the following benefits:

- Acknowledgement on the NACOS website as “Supporting Sponsor” with logo and hyperlink
- Second-tier logo position on promotion and marketing to our members
- Recognition by the President at NACOS-attended meetings
- Acknowledgement in the Annual Report to our members

Advocate Sponsor \$12,500

Advocate receives the following benefits:

- Acknowledgement on the NACOS website as “Advocate Sponsor” with logo and hyperlink
- Recognition by the President at NACOS-attended meetings
- Acknowledgement in the Annual Report to our members