WA Healthy Weight Action Plan 2019-2024

Taking action on early intervention and management for people at-risk of or with overweight and obesity

Summary
Vision: A community that supports maintaining a healthy life

Purpose

The WA Healthy Weight Action Plan 2019-2024 is a map for action over the next five years to support coordinated activity that will positively impact the early intervention and management of overweight and obesity in WA. The Action Plan aligns to the Sustainable Health Review Final Report Strategy 1 Recommendation 2a: Halt the rise in obesity in WA by July 2024 and have the highest percentage of population with a healthy weight of all states in Australia by July 2029. It has been developed with input from people with experience as well as people who work in various roles in the health system.

Framework for action and desired outcomes

1. Connect better
   - Coordinated approach and connected conversations to improving early intervention and weight management services across WA based on co-design and collaboration.

2. Change how we talk about weight
   - Improved community, health professional and service provider understanding and attitudes related to the impact of stigmatisation of obesity on individuals, families and the community.

3. Better access and care coordination
   - A. People and families have access to a variety of publically funded options to support and empower them to improve their health and wellbeing and achieve a healthier weight.
   - B. Clear service pathways exist that enable improved access to services, programs and support.
   - C. Make every contact count.

4. Build workforce capability and confidence
   - Create a more agile, responsive and well equipped health workforce to work in a person- and family-centred way to empower people to seek support in the early intervention and management of overweight and obesity.

5. Quality improvement
   - Steps for quality improvement are embedded into system, service, and program design and accurate and reliable data is available for use as part of the quality improvement cycle.

6. Innovation
   - Create mechanisms and opportunities to prototype innovative approaches that address the complexity of overweight and obesity at a community and service level.

7. Empower the community to take action
   - A. Improved communities health literacy related to overweight and obesity.
   - B. Mechanisms are used to build and maintain partnerships between communities and all service providers in the design and delivery of early intervention and weight management services and programs.
Definitions

**Early intervention**
The provision of support or interventions to a person or family at the high end of the healthy weight range to prevent a foreseeable decline in their health.

**Management**
The provision of support or interventions to a person or family with overweight or obesity that will enhance health and wellbeing outcomes, prevent further weight gain or support weight loss.

Implementing the vision

**Horizon 1**
Setting up for success
- Establish the WA Obesity Collaborative and the Community for Change
- Establish a shared agenda and measures for success
- Change how we talk about weight
- Establish a minimum dataset to be used for quality improvement and service planning
- Develop quality standards and an outcomes based framework for service and program delivery
- Work with community groups and agencies to investigate opportunities for collaboration and innovation

**Horizon 2**
Early priorities, results and building momentum
- Improve information on HealthPathways WA for health professionals
- Provide a consumer information hub on early intervention and management
- Collaborate with the Collect for Action on Obesity to enhance the Evidence Hub and System Activity Map
- Assess workforce needs and develop a strategy to support enhanced workforce capability and confidence
- Investigate funding models to support innovation and collaboration
- Host a hack-a-thon to investigate innovations in service design and delivery

**Horizon 3**
Driving deeper change and seeing results
- Provide better access and care coordination
- Enhance health professional education and training and provide an online professional development hub
- Facilitate peer support programs and services
Living with overweight & obesity

In WA

People with overweight and obesity by age group

- Under 16 years: 24%
- 16 - 44 years: 56%
- 45 - 64 years: 78%
- 65+ years: 74%

1.13 M Western Australians have overweight or obesity

- 74% People over the age of 16 years living in country areas have overweight or obesity
- 80% People living in very remote areas have overweight or obesity

Contributing factors

- Health care
  - Access
  - Equity
  - Cost
  - Country vs. Metro

- Individual health
  - Diet
  - Physical activity
  - Mental health
  - Disability
  - Genetics
  - Health literacy

- Social and community
  - Sense of belonging
  - Community participation
  - Support networks
  - Stigma
  - Cultural practices
  - Social norm

- Society and Environment
  - Housing
  - Food environment
  - Safety
  - Income
  - Physical environment
  - Education

Impact

- Estimated increase in obesity related health care costs between 2011 and 2021: 103%
- Increased risk of developing chronic disease
- Potential impairment to social relationships, employment and ability to participate fully in society
- Obesity is associated with an increased risk of:
  - Absenteeism
  - Presenteeism
  - Disability
  - Premature death

In Australia

- Aboriginal people: 69%
- Non-Aboriginal people: 63%

Aboriginal people are more likely to have overweight or obesity than non-Aboriginal people

2.3x Higher rates of obesity related disease burden experienced by the people with the most disadvantage

Predicted rise in obesity without intervention by 2025

- 83% for men
- 75% for women
- 30% for children

For more information


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