

# WA Healthy Weight Action Plan 2019 – 2024

## 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.

## Scope

The Action Plan has been developed primarily for use by the WA health system and WA Primary Health Alliance (WAPHA). It is anticipated that the document will be useful for all agencies and organisations with an interest in initiatives related to the early intervention and management of overweight and obesity.

## Critical Building Blocks

- Culture and leadership
- Action at all levels
- Collective action
- Engagement and partnerships
- Building trust
- Shared aspiration
- Strategic learning and systems thinking
- Shared measures and transparency
- Adaptable governance
- Funding and investment

## 1. Connect better

**Coordinate action across government and organisations to enable timely and sustainable changes that will halt the rise of overweight and obesity in Western Australia.**

1.1 Formalise the establishment of the WA Obesity Collaborative. The purpose of the WA Obesity Collaborative is to connect agendas, and drive, facilitate and coordinate action within in the scope of the Action Plan.

1.2 Develop a Community of Change for people, including consumers.

## 2. Change how we talk about weight

**Reduce weight stigma and enable people to engage in supportive conversations with their chosen health or social care professional about improving their health and wellbeing outcomes and achieving a healthier weight.**

2.1 Adapt and implement an empowerment-based communications guide for WA Health and WAPHA to use when producing communications, media, policies and strategies, consumer information and more.

2.2. Adopt the language of health at every size (HAES) (particularly for children and young people) complemented by the principle of modest weight reductions of 5-10% (when clinically appropriate) when planning and designing obesity related health information, programs and services.

## 3. Better access and care coordination

**Create clearly defined person- and family-centred integrated care pathways with access to appropriate public services at the right time, right place, and with the right team that can be tailored to the needs of the individual or family.**

3.1 Scope the development and implementation of an integrated care model for early intervention and management of overweight and obesity.

3.2 Review and update the existing weight management pathways on HealthPathways WA to include steps for brief intervention and information on referral options for supports, services and programs in WA for all age groups.

3.3 Develop a clinical framework for the delivery of obesity services in the WA public health system based on the integrated care model (action 3.1).

3.4 Enhance access to appropriate early intervention and weight management health services or health professionals for children and families, such as through Child and Parent Centres and locations where KindiLink is available

3.5 Adapt existing community and health service intervention models to be fit for purpose for WA and prototype in targeted metropolitan and country areas with the goal of scaling up for further roll out across WA.

3.6 Collaborate with the Collective for Action on Obesity to regularly provide WA information for the System Activity Map to inform the community and health and social care professionals of available services and programs in WA.

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## 4. Build workforce capability and confidence

Create an adaptive workforce that can respond confidently, respectfully and effectively to the needs of the community.

4.1 Undertake a Workforce Needs Assessment.

4.2. Develop a Workforce Strategy based on the findings of the Workforce Needs Assessment to outline mechanisms to deliver appropriate programs and services over the next decade.

4.3. Co-create or adapt evidence based, best practice eLearning training resources in partnership with consumers, and their families and carers.

4.4. Deliver a health professional training and development hub for overweight and obesity with links to existing professional development opportunities.

## 5. Quality Improvement

Create a culture and environment that encourages and supports continuous quality improvement.

5.1. Develop a set of Quality Standards related to early intervention and weight management approaches that includes information on how to measure and monitor compliance to support procurement and drive quality improvement.

5.2. Develop and implement an Outcomes Based Framework to guide purchasing and accountability of publically funded early intervention and weight management services and programs.

5.3. Establish a minimum dataset related to overweight and obesity (including rates of protective factors such as breastfeeding) that can be used for quality improvement, service planning, mapping and evaluation.

## 6. Innovation

Create a culture of experimentation and innovation in the implementation of services, programs and models of care that are transferable, scalable and sustainable.

6.1. Investigate opportunities for public/private partnerships, cross sector partnerships, joint funding models, and alternative funding sources to increase access to a variety of early intervention and management service and program options that can be tailored to the needs of each person and family.

6.2. Investigate the delivery of peer support and peer-led programs for individuals, their families, and carers to complement existing health professional led weight management services.

6.3. Host a regular public hack-a-thon to identify innovative technology based solutions.

## 7. Empower the community to take action

Create opportunities that support local communities to build their health literacy related to overweight and obesity and become part of local action through community led collaborations.

7.1. Provide early intervention and management online resources for consumers.

7.2. Identify opportunities to work with community groups and agencies to facilitate the establishment of local collective impact initiatives to support local action to tackle overweight and obesity in their area.

7.3. Collaborate with the Collective for Action on Obesity to enhance the Obesity Evidence Hub to include information on early intervention and weight management.