



# Weight management resources for healthcare professionals

## RACGP Healthy Habits

*Royal Australian College of General Practitioners*

This **behaviour change intervention** was designed in consultation with GPs, Primary Care Nurses, health consumers and behaviour change experts, to make positive lifestyle changes easier and more effective for patient's needs.

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## Healthy Kids for Professionals website

*NSW Government*

Website that provides resources to help health professionals manage children above a healthy weight, and their families

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## Talking to patients about health and weight

*LiveLighter*

Training modules that provide education about how to talk about weight management with patients.

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## SHAPE website

*WA Primary Health Alliance*

To be used by primary healthcare professionals who provide support to patients with weight related health concerns.

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## Clinical Toolkit

*Health and Wellbeing Queensland*

Clinical tools to support best practice in overweight and obesity management.

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## The Australian Obesity Management Algorithm

*Metabolism & Obesity Service at Royal Prince Alfred Hospital*

A simple tool to guide the management of obesity in primary care.

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## Scope training

*World Obesity Federation*

E-learning education for healthcare professionals.

### The Canadian 5A framework

*Obesity Canada*

A Roadmap for managing obesity in primary care.

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### NACOS Resources

*National Association of Clinical Obesity Services*

Resources for clinicians for the management of obesity.

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### Clinical Guidelines for Overweight and Obesity

*Deakin University*

The national clinical guidelines for overweight and obesity are being updated with a goal of launching in 2024.

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### EdX: Massive Online Open Course

*University of Newcastle*

Free online modules:

- The Science of Weight Loss – Dispelling Diet Myths
  - Nutrition Communication for Health Professionals: Key concepts
  - Nutrition Communication for Health Professionals: Applying skills
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Do you know of other evidenced-based resources to promote weight management? Please [email us](#) details!