



BENEFITS OF OBESITY MANAGEMENT

Weight loss can require a team approach¹

As with any chronic illness, managing patients with obesity involves balancing an interplay of factors that are likely to change over time. At different times, your patients may benefit from interactions with other healthcare professionals offering specialised services.

Be sure to discuss how you think a referral could help support your patient's weight loss efforts, and together agree on how you should proceed.

A variety of medical professionals can be of assistance in the management of patients with obesity¹

Specialist medical resource

What do they offer?



Endocrinologist

When your patient has a clinical endocrine disorder that may be affecting weight loss efforts



Bariatric physician

When your patient is not making progress despite continued management and medication



Bariatric surgical team

When your patient has:

- BMI >40 kg/m² or
- >35 kg/m² and an obesity-related health condition, e.g. hypertension







Psychiatrist

Your patient has a recognised mental health condition that affects weight or weight loss efforts



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Allied health professionals can be called on as needed to help manage specific issues or devise specific programs¹

Specialist medical resource	When to consider	What do they offer?
 Dietitian[†]	<p><i>When your patient has a poor understanding of healthy eating options</i></p>	<ul style="list-style-type: none"> • Comprehensive assessment of dietary intake • Suggested dietary changes and substitutes • Nutritionally-balanced, tailored eating plans
 Exercise physiologist	<p><i>When your patient has comorbidities that could be exacerbated by physical activity</i></p>	<ul style="list-style-type: none"> • Comprehensive assessment of fitness levels • Physical activity programs tailored to weight, age, body type, fitness, lifestyle and goals
 Physiotherapist	<p><i>When your patient has injuries or conditions that make physical activity difficult</i></p>	<ul style="list-style-type: none"> • Treatment/rehabilitation of specific musculoskeletal injuries or limitations
 Psychologist	<p><i>When your patient has difficulty recognising or reacting appropriately to triggers or specific behaviours</i></p>	<ul style="list-style-type: none"> • Behaviour change strategies that help address self-sabotage • Identification of triggers that impact eating and/or activity levels • Stress management

Consider other relevant supports such as whānau and friends, Māori health providers, Whānau Ora and other community-based organisations²

[†]A dietitian has specific qualifications and expertise in nutrition for medical conditions and must undertake regular training to maintain accreditation. Dietitians in New Zealand must be registered by the Dietitians Board, Te Mana Mātanga Mātai Kai, and must hold a current practising certificate.

References: **1.** Forgione N, et al. *Adv Ther.* 2018;35:191–198. **2.** New Zealand Ministry of Health. Clinical Guidelines for Weight Management in New Zealand Adults. 2017. Available at: <https://www.health.govt.nz/system/files/documents/publications/clinical-guidelines-for-weight-management-in-new-zealand-adultsv2.pdf>. (Accessed July 2024).

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