

## **OCW – OBESITY PREVENTION & TREATMENT 2<sup>nd</sup> MARCH 2021**

### **DISCUSSION POINTS**

Thought provoking presentation.

#### **Q. Are obesity guidelines likely to be updated in view of current changes?**

My understanding is that National Institute for Health and Care Excellence (NICE) are presently looking at reviewing all documents, which will then be circulated to key stakeholders for consultation. Let's hope there are more detailed care and treatment guidelines included with clarity of who is responsible for funding strands and a move away from the traditional model of 'eat less and exercise more'.

#### **Q. Comment from delegate**

From my point of view what we need is to raise awareness of the complexities associated with obesity and develop more specialist input to provide long term care and support for a lifelong condition.

#### **Q. Interesting comment about 'obesogenic environment' and lifestyle systems, how can we address this?**

I think this is one of the biggest challenges we face. We are completely surrounded by food in every aspect of our lives, and lifestyle systems impact greatly on the choices we make. For example, we may have a family working really hard at home to eat healthily and use portion control. Then the young person goes to school (mainly secondary) where there are numerous temptations with tuck shops, breakfast clubs serving pizza, bacon sandwiches and sausage rolls and canteens with fast food alongside the health bar. Which queue would you stand in? There needs to be major changes to food policies in schools to address this. To be completely successful, all these systems need to work together. Does anyone have any ideas on how we could make this happen? Please contact [kath@shinehealthacademy.org.uk](mailto:kath@shinehealthacademy.org.uk)

#### **Q. Does food labelling and calorie content help with making healthy choices?**

I personally think they do. Standing in a queue at Costo (other coffee shops are available) and fancying something sweet I saw the food label for a piece of millionaire cake containing 720 calories! It certainly made me think and I chose a lemon tart at 220 calories.

This is an activity we do with our groups. McDonalds has an app where you can insert your order and it gives you the full nutritional content of your meal. We ask them to put in their first choice and then decide if they would like to make different choices. Almost everyone in our group alters their order for a healthier choice. It certainly makes them think. See the activity if you would like to have a go.