

# Guidelines for Overweight and Obesity in New Zealand



# What are these Guidelines?

**Evidence-based** guidelines are being developed for the management and treatment of overweight and obesity for children/youth and adults in NZ

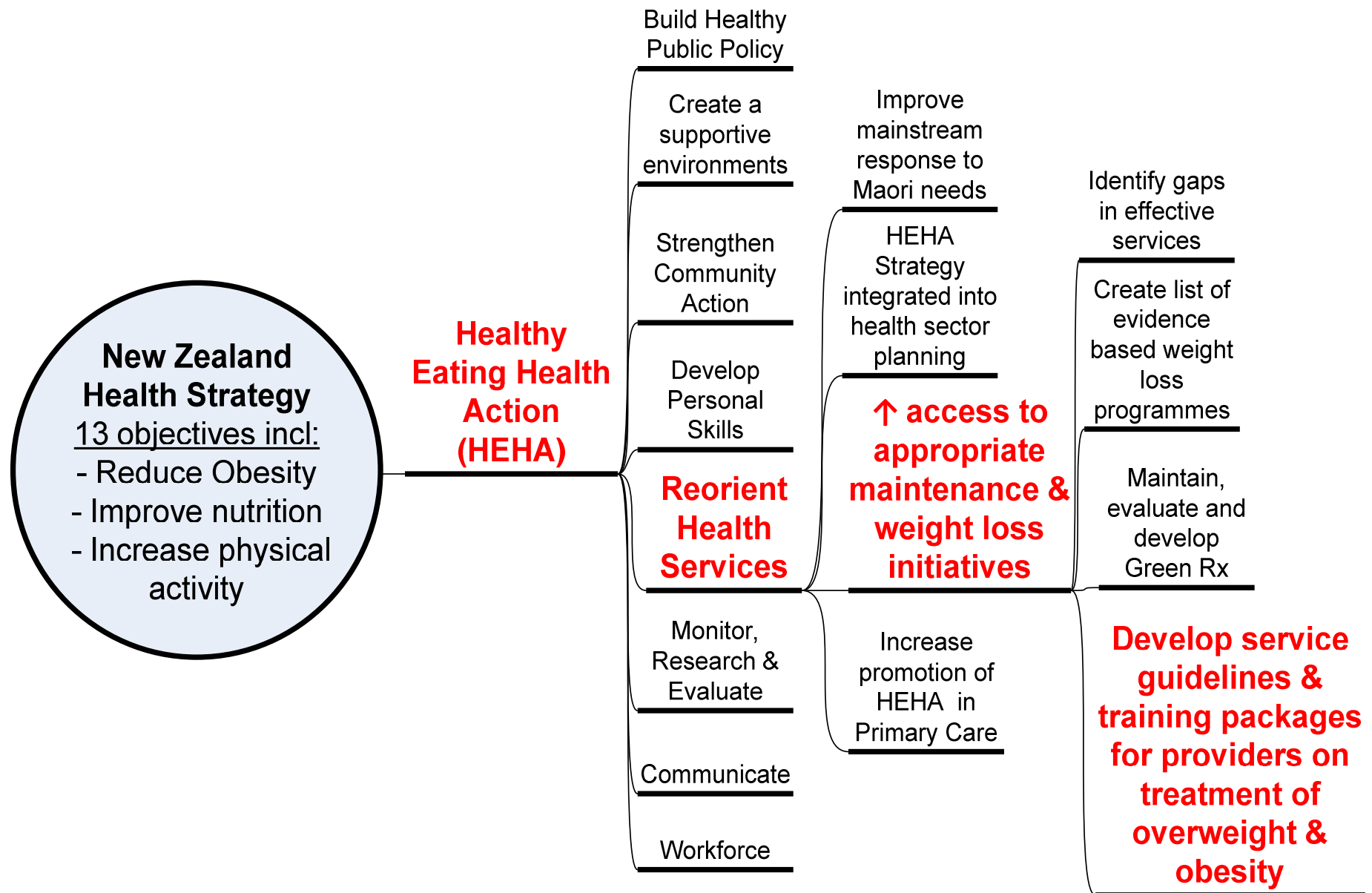
# Why do we need Guidelines?

- Inequalities
  - Access
  - Shared understanding (incl. patients) in a complex area
  - Clinical quality/consistency
  - To complement public health initiatives
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# STATUS QUO

- **New Zealanders:**
  - One in three are overweight
  - one in four are obese
- **Asians:**
  - 1 in 20 Asian children are obese
  - 1 in 10 Asian adults are obese
- **Maori and Pacific populations:**
  - Obesity rates are 1.5-3 times higher

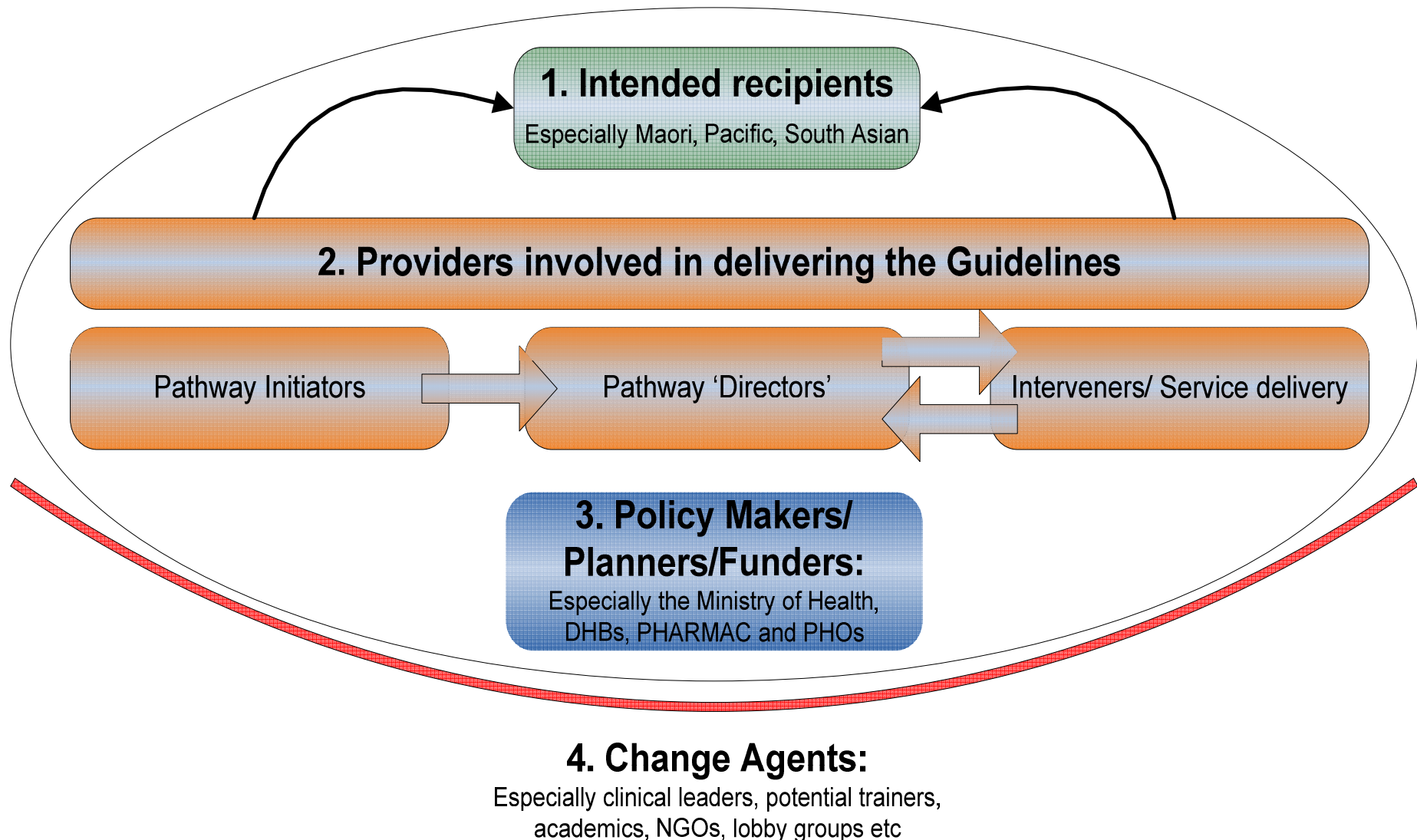
# Where does the guideline fit?



# Emerging Themes of Guidelines

- Increased awareness & measurement of BMI
- Assess in broader context of risk & work to motivate patients
- Lifestyle change!
- Diet > exercise
- Children's interventions must include the family

# Who will be involved?



# How will they be involved?

- Raise **awareness** of the project
  - Welcome **comments** through our website  
[www.obesityguidelines.co.nz](http://www.obesityguidelines.co.nz)
  - Initial broad **communication**: emails and website
  - **Focus groups** for population priority groups
  - **Formal consultation** when guidelines are released for feedback
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# Guidelines for the Treatment and Management of Obesity in New Zealand

[www.obesityguidelines.co.nz](http://www.obesityguidelines.co.nz)

