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# Obesity Collaborative Summit 2018

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Reflection leads to actions - a summary of  
the Obesity Collaborative Summit  
consultations



Government of **Western Australia**  
Department of **Health**



**WA Primary  
Health Alliance**  
Better health, together

**phn**  
PERTH NORTH, PERTH SOUTH,  
COUNTRY WA  
An Australian Government Initiative



**HEALTH CONSUMERS'  
COUNCIL**  
YOUR VOICE ON HEALTH



# Obesity Collaborative Project

The purpose of the Obesity Collaborative Project has been to harness the collective intelligence and experience of stakeholders in WA to create a strategic person centred approach and actions focusing on issues related to early intervention and management of overweight and obesity in WA.

The project has used a collective impact approach and endeavoured to engage all who have a focus and passion to positively influence a person's weight management journey.



# The Summit: Why we came together

- To work together to develop the steps we will take over the next 5 years to improve the early intervention and management of overweight and obesity in WA
- To see the health system from the perspective of the person, their journey, and their needs
- To find solutions, connections, and opportunities to build on each others strengths





# Overview

- In person & online engagement options were used to support the involvement of a wide range of people including regional and remote staff, and consumers
- In person Summit
  - Wednesday 17 October
- Online workshop
  - Monday 22 October to Friday 2 November





# Consumer Engagement

[Health Consumers Council](#) ran a series of face to face workshops and online engagement to obtain consumer stories to inform and frame the Summit discussions. HCC created videos and read out stories of people's experiences to ensure that the consumer voices were loud and clear.



HEALTH CONSUMERS'  
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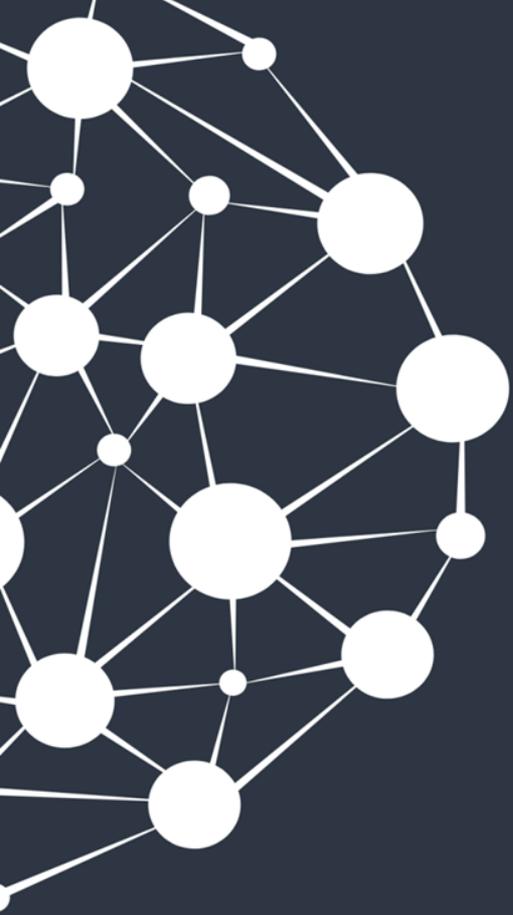
- 748 responses - Online survey "is weight a weight on you mind?"
- 39 members - Closed Facebook Group
- 34 participants - GroupMap looking at how people use the health system and the barriers they experience
- 30 participants across four face-to-face workshops on people's experiences
- 26 people shared their stories via an online survey
- 289 people have registered their interest in being involved in this project on an ongoing basis



# High level of interest



- Participants registered via EventBrite
- 17 October
  - 178 participants
  - 912 EventBrite page views
- Online Workshops
  - 89 registrations
  - 461 EventBrite page views



# Face to Face Workshop

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Wednesday 17 October 2018

8.30am to 4.00pm

Duxton Hotel, 1 St Georges Tce Perth



# Agenda

Arrival and registration with tea and coffee	Foyer	8.00
Opening and Welcome to Country	Ballroom	8.30
What do we know so far? <ul style="list-style-type: none"><li>• Prevention and Population Health Initiatives and Priorities – Denise Sullivan</li><li>• The Obesity Collaborative and the Evidence to Date – Megan Burley</li><li>• Consumer Insights – Pip Brennan</li></ul>		8.45
Address by Hon Roger Cook MLA, Minister for Health		10.00
Morning tea	Foyer	10.30
Circuit Breaker sessions: Envisaging the Journey <ul style="list-style-type: none"><li>• Families</li><li>• Children and Adolescents</li><li>• Adults</li></ul>	Duxton 2 Ballroom B Ballroom A	11.00
Lunch	Foyer	12.30
Circuit Breaker sessions: Taking Action to Change the Journey <ul style="list-style-type: none"><li>• Families</li><li>• Children and Adolescents</li><li>• Adults</li></ul>	Duxton 2 Ballroom B Ballroom A	1.15
Afternoon tea	Foyer	2.30
Plenary session - Sharing the Actions	Ballroom	3.00
Close		4.00



# Who was in the room?

178 participants on the day

Representation included

Aboriginal health

Allied Health (exercise physiology, physiotherapy, nutrition, dietetics, OT, Diabetes Education etc.)

Community services

Consumers

Endocrinology

GPs and Primary Care

Health executive

Health promotion

Mental Health services

NGOs

Nursing

Paediatrics

Policy, health admin, and workforce development

Population Health

Private providers

Research & Academia

WA Primary Health Alliance





# Setting the Scene

The scene was set initially with presentations by:

- Denise Sullivan, Director Chronic Disease Prevention Directorate: Current work in obesity prevention and national and state priorities
- Megan Burley, Director Health Networks: The Obesity Collaborative Project
- Pip Brennan, Executive Director Health Consumers Council: Consumer insights to their weight loss journey



Left to right: Chris Kane (General Manager, WAPHA), Megan Burley (Director, Health Networks), Pip Brennan (Executive Director, HCC), Hon Roger Cook MLA (Minister for Health), Karen Bradley (Executive Director, Clinical Excellence and Reform Directorate), James Williamson (Assistant Director General, Clinical Excellence Division), Denise Sullivan (Director, Chronic Disease Prevention Directorate).



# Whispering Wall & Workshops



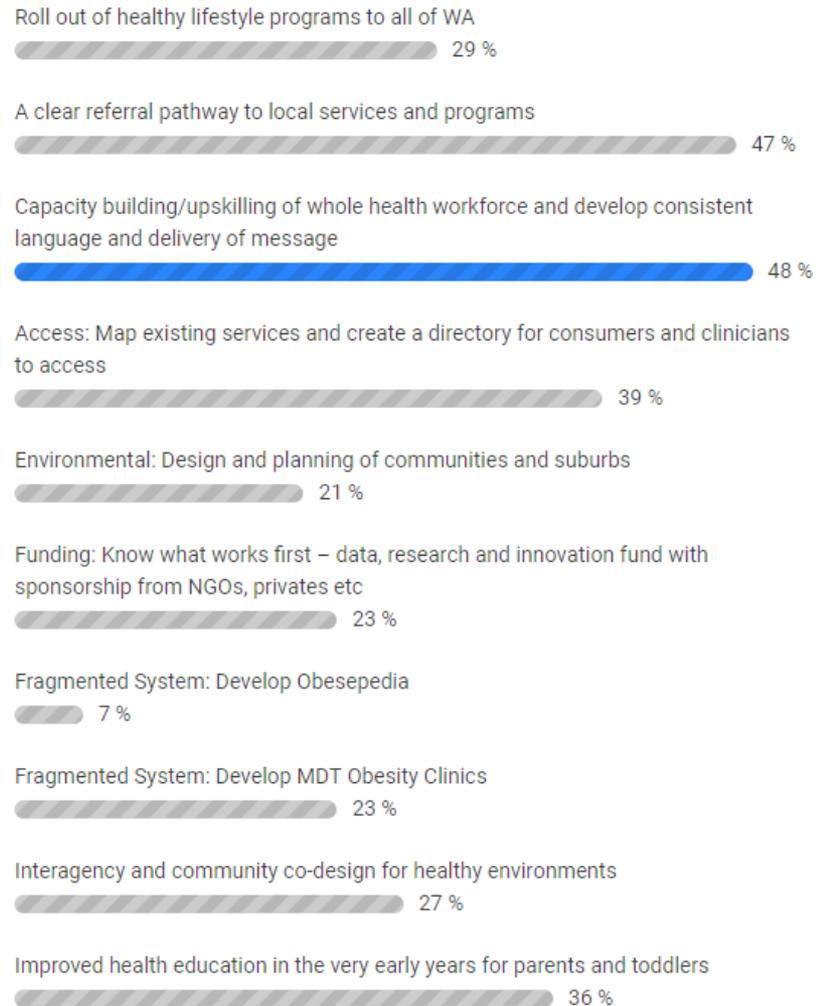
- A Whispering Wall was available all day for people to post comments on to gather information on how we can work more collaboratively to achieve the system wide change
- Participants were divided into three workshop rooms based on their preference at registration
- Each room covered a specific population group
- Workshop Topics
  - Families: preconception through pregnancy to the first 1000 days
  - Children & Adolescents: 4 to 17 years
  - Adults: over 18 years
- Workshop discussion questions:
  - What are the issues & what is not working?
  - What is working & what can we build on?
  - What actions can we take now to start to change the trend of overweight and obesity?

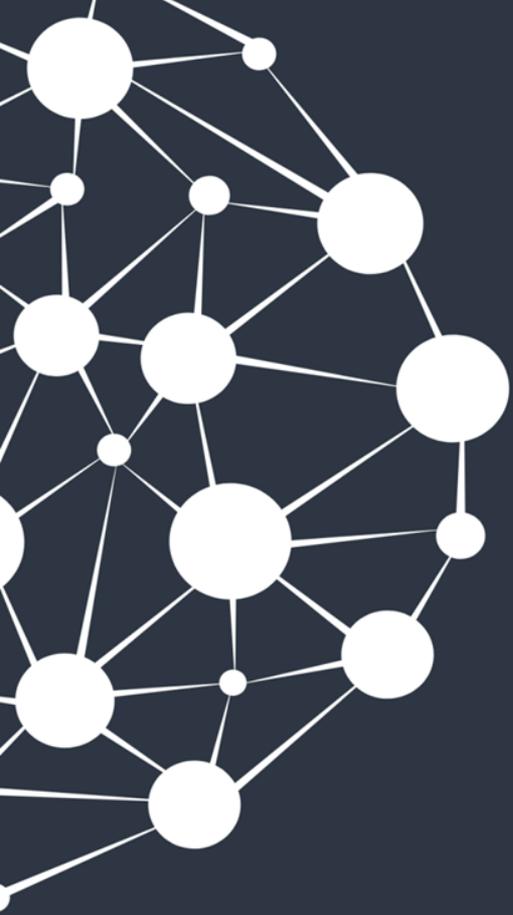


# Discussion results

The discussion was broad and passionate. Each room identified their top 3 to 5 actions. The top actions were recorded in [Sli.do](#) to enable all summit participants to vote on what they felt were the most important actions.

It is acknowledged that the voting process did not work as effectively as intended. As a result the original and rich discussion and content from each room has been revisited and closely analysed for the theming and drafting of the Strategy Statements and preliminary actions. This ensures nothing was lost and that any actions developed take into consideration the full extend of participants input, knowledge, and experience.





# Online Workshops

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Monday 22 October to Friday 2  
November 2018



# Method

- Total registrants: 89
- Scene setting webinars were originally planned for Tuesday 24 October and Thursday 25 October with brainstorming via GroupMap available from 22 October to 2 November.
- Technical difficulties with the Tuesday webinar led to the scene setting presentations being recorded and [loaded on YouTube](#) instead
- Participants engaged in collaborative brainstorming using [GroupMap](#) which was open from 22 Oct to 2 Nov
- A map for each key area was created (families, children & adolescents, and adults)
- Participants were asked to discuss the same questions discussed on the 17 October



# Participants

## Representation included:

Aboriginal health

Allied Health (exercise physiology, physiotherapy, nutrition, dietetics, OT, Diabetes Education, pharmacy etc.)

Community services

Consumers

Health promotion

Health Liaison

Mental Health services

NGOs

Nursing

Policy, health admin, and workforce development

Population Health

Private providers

Research & Academia

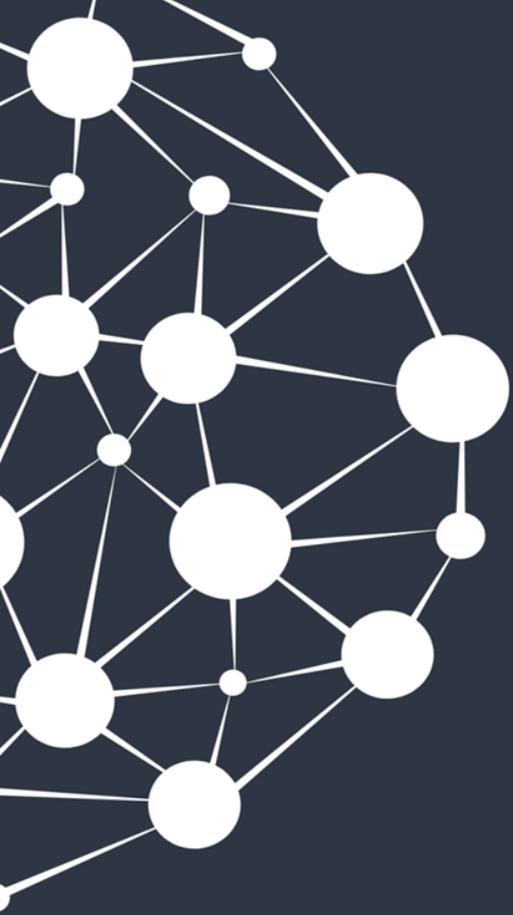
Students

Surgery

WA Country Health Service staff and other regional professionals

WA Primary Health Alliance





# Themes at a glance

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Preliminary Summary



# Method

- The original and detailed Summit discussions, consumer consultations, and literature were all used to create a combination of draft principles, goals, strategy statements, and specific actions.
- Principles, goals, and strategy statements are reported here.
- Further targeted consultation will be undertaken to refine and confirm the specific actions, owners, and timelines.
- It was apparent that there is significant overlap across the life stages, so the strategy statements are relevant to all age groups.
- Although the focus of discussion was on what needs to happen in the next five years, many actions identified during the workshop reach beyond this time frame. However, there are clear actions that will be set in the *WA Healthy Weight Action Plan* that will provide the foundation to support longer term action and reorientation of the system to better support early intervention and management of overweight and obesity in WA.





# Draft Principles

- Actions should be multi-levelled
- Decision makers and implementers must understand the causes are complex
- We must stay connected
- All levels must commit to action
- Actions should be strengths based and support empowerment of the community

To deliver:

- Equity of action
- Person and family centred care
- Co-designed action
- Place based solutions



# Draft Strategy Statements

- Strategy Statements represent the high level guides that are relevant now and will continue to be relevant beyond five years
- Each Strategy Statement will have specific actions listed underneath that can be achieved in five years
- Each finalised action will have an owner and timeline for achievement
- Further engagement to refine the actions will be conducted during Feb to Apr 2019 to ensure they are practical, achievable, and supported by the people responsible for implementing them so they have not been reported here



# Draft Strategy Statements

## What the Community needs

<b>Access</b>	Ensure the WA Community has access to and the capacity to use a diverse range of support and intervention options that deliver what individuals or their family need: <ul style="list-style-type: none"><li>• At a cost that is affordable</li><li>• In a location that is appropriate</li><li>• And in a variety of modalities</li></ul>
<b>Care Coordination</b>	The System is structured in a way that supports people to access care that can be personalised to their needs as they evolve over time, facilitated by coordinated and multidisciplinary care.
<b>Community Education</b>	Improve the health literacy of the WA community, including the health workforce, related to the causes of obesity, protective factors, and effective interventions.
<b>Effective Services</b>	Ensure that publicly funded healthy weight services and programs in WA deliver to a consistent quality level and are accountable for their quality.
<b>To be respected and supported</b>	Ensure that people do not feel judged by others in the community and those providing care. Ensuring that all services and support systems operate in a way that empowers people, recognise the issue is complex, and respect people to support them to work through options that fit their individual needs.



# Draft Strategy Statements

## What the Services need

<b>Evidence base</b>	Create effective mechanisms to collect, share, and use international, national, and local evidence of best practice and quality services to support an informed community and workforce, effective care coordination, service commissioning, and continual quality improvement.
<b>How we talk about weight</b>	<b>Recognising</b> the stigma that is attached to being overweight or having an overweight child. <b>Changing</b> the way we talk about weight as a system, an agency, and as individuals to an empowerment and strengths based model. <b>Ensuring</b> the messages that the health authorities give to the community about weight and interventions are consistent and based on evidence to prevent confusion.
<b>Workforce &amp; Training</b>	Ensure our health professionals are equipped with the skills, knowledge, and have the confidence to have conversations with their patients regarding their weight. Leverage the existing workforce to find innovative shared care models. Build capacity in high need areas.



# Draft Strategy Statements

## What the System needs

<b>Broad Collaboration</b>	Working together across organisations to align messages, support the coordination of actions that tackle the factors that limit a person's or families capacity to manage their weight, leverage innovation, and increase opportunities for targeted and opportunistic contact with high risk and vulnerable communities.
<b>Commitment to long term sustainable change</b>	There is meaningful commitment from decision makers to prioritise healthy weight as a number one priority for action, action is appropriately funded and supported over the long term, broad collaboration forms a central component of action, and action is multi-level.



# Evaluation

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You Said, We Heard, We Did



# Overview

Participants agreed or strongly agreed that:	Result*
They had opportunity to actively contribute	97%
They had the opportunity to network with attendees	100%
They intended to connect with the Obesity Collaborative in the future	89%
They felt encouraged to reflect on their own experience	92%
The breakout session: focussed purpose	90%
The breakout session: generated solutions	71%
The Summit generate specific actions	70%
The Summit created clear priorities	69%

It is acknowledged that 26% of respondents did not agree or could not comment on whether the Summit achieved its intended outcome of developing actions for the next 5 years and we will use this to learn in the future

\*Average percentage of respondents who agree and strongly agree



# People found most valuable



- Hearing the consumer stories
- Seeing the enthusiasm of others
- Seeing the commitment from the Government to make changes
- Having the opportunity to collaborate with others
- The variety of participants



# You said, We learnt

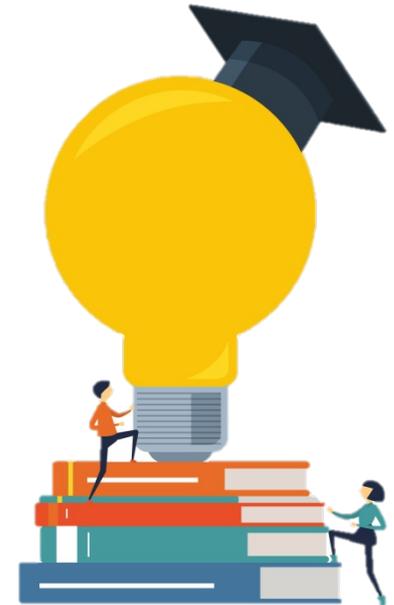
What we learnt	What we did
<p>The summary and voting did not convey the rich discussion that happened in each room</p>	<p>We acknowledge the voting process did not work as effectively as intended. We returned to the original rich discussion and content created in each room for our theming and drafting of the strategies and actions to ensure nothing was lost.</p>
<p>Many people do not understand clearly the difference between prevention and management. It was very difficult to separate the issues when you view the issue from the consumer's point of view. Hence bringing the prevention expertise and the management expertise together when talking about weight is essential and the connection of the agendas is important.</p>	<p>We are committed to continue to work with the Chronic Disease Prevention Directorate to ensure any action in the <i>WA Healthy Weight Action Plan</i> complements and reinforces the work already underway in the prevention and health promotion space.</p>

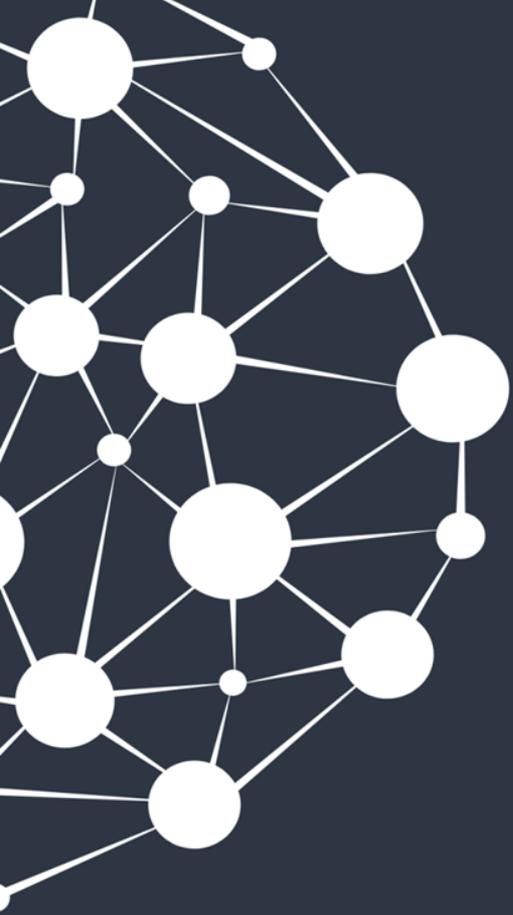




# You said, We learnt

What we learnt	What we did
The language is important and it is easy to unintentionally add to the stigma associated with overweight and obesity	We will ensure all future speakers and media teams are provided with appropriate guides on language e.g. the Obesity Australia <a href="#"><u>Rethink Obesity: A media guide on how to report on obesity</u></a>
More time was needed to workshop and reduce the length of the breaks	We will support this change for future events
A future event should be held to monitor progress and review the actions	We are eager to keep the conversation alive and will consider incorporating a future event into our planning





# Next Steps

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Where to now?



# Now to the next 6 months

**Feb to Apr 2019**

Working with consumers, decision makers, and staff responsible for implementation to refine and confirm the Strategy Statements and Actions to ensure they are practical and achievable, identify owners and timelines for delivery

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**May 2019**

Finalising the *WA Healthy Weight Action Plan*

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**Jun 2019**

Submit the *WA Healthy Weight Action Plan* for approval and endorsement

Working with executive teams and partner organisations to gain written commitment to action

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**Jul 2019**

Launching the *WA Healthy Weight Action Plan*

# Keep in touch

Contact the Obesity Collaborative Team

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E: [Obesity.Collaborative@health.wa.gov.au](mailto:Obesity.Collaborative@health.wa.gov.au)

Be a partner in the change

