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### Weighing in General Practice: does it have an impact on weight management?

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## **Weighing in General Practice: does it have an impact on weight management?**

### **Abstract**

Poster that was presented at 2014 Primary Health Care Research Conference, Canberra, Australia, 23-25 July.

### **Disciplines**

Medicine and Health Sciences | Social and Behavioral Sciences

### **Publication Details**

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## 2014 PHC Research Conference

### 2014 PHC Research Conference: Poster abstract

## Weighing in General Practice: Does it have an impact on weight management?



PHCRIS Best  
Poster

### Author(s)

Duncan MacKinnon, Andrew Bonney, Darren Mayne, Stephen Barnett

### Organisation

University of Wollongong, Illawarra and Southern Practice Research Network

### Aims & rationale/Objectives

Obesity has become the fastest growing health risk of the 21st century. Nevertheless, population wide implementation mandates significant financial costs for health services. The aim of this pilot was to assess if the weighing of patients with discussion at each incidental GP presentation, had an impact on weight maintenance. The logic of this study follows that of the successful SNAP intervention.

### Methods

Five GP practices weighed patients each time they presented over a 12-month period. Weights were recorded and analysed using t-tests and analysis of variance. Data for weight change in Australia (n=29,799) was used for comparison.

### Principal findings

Data on 198 patients were available for per protocol analysis. Median study time for patients was 337.5 days, with 68 (34.3%) enrolled for one year. Overall, there was a non-significant weight loss among patients of 0.8kg (95% CI -1.85-0.30kg). Sub-group analyses indicated no significant differences in the amount of weight lost by practice, sex, age, or chronic disease status but a significant difference for BMI category at enrolment. There was significant loss in obese patients of 2.5kg (95% CI -4.69-0.32) overall, and 3.3kg (95% CI 0.505-6.174) and 2.8kg (95% CI 5.131-0.387) more weight than underweight/normal weight and overweight patients, respectively.

### Implications

Weight gain in Australian adults is 0.416 kg annually. A non-significant weight loss of 0.8kg overall and a significant 2.5kg weight loss in the obese show positive trends which are encouraging and warrant further investigation. Although incremental, this small intervention could have nationwide benefits with minimal costs for national health services.

### Presentation type

Poster

### Session theme

Chronic conditions and multimorbidity - what might work?

### Presentation



PDF 789.1 Kb

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MacKinnon D, Bonney A, Mayne D, Barnett S. (2014). Weighing in General Practice: Does it have an impact on weight management?. In: 2014 Primary Health Care Research Conference: Program & Abstracts. Primary Health Care Research and Information Service, Australia. [phcris.org.au/conference/abstract/7882](http://phcris.org.au/conference/abstract/7882)

### Other Conference abstract(s) by the same author(s)

Paper presentation: Mayne D, Bonney A, Jones B, Bott L, Andersen S, Caputi P, Iverson D

#### **A novel population health data source to inform local planning: the SIMLR Study**

2014 PHC Research Conference, Swinburne University of Technology, University of Wollongong, Illawarra Shoalhaven Local Health District, Sonic Healthcare, Southern IML Pathology.

Poster presentation: Stanford L, Bonney A, Ivers R

#### **Chaperones for Pap smears: do Australian GPs offer or use them?**

2013 PHC Research Conference, University of Wollongong, Illawarra and Southern Practice Research Network.

# Weighing in General Practice: Does it have an impact on weight management?

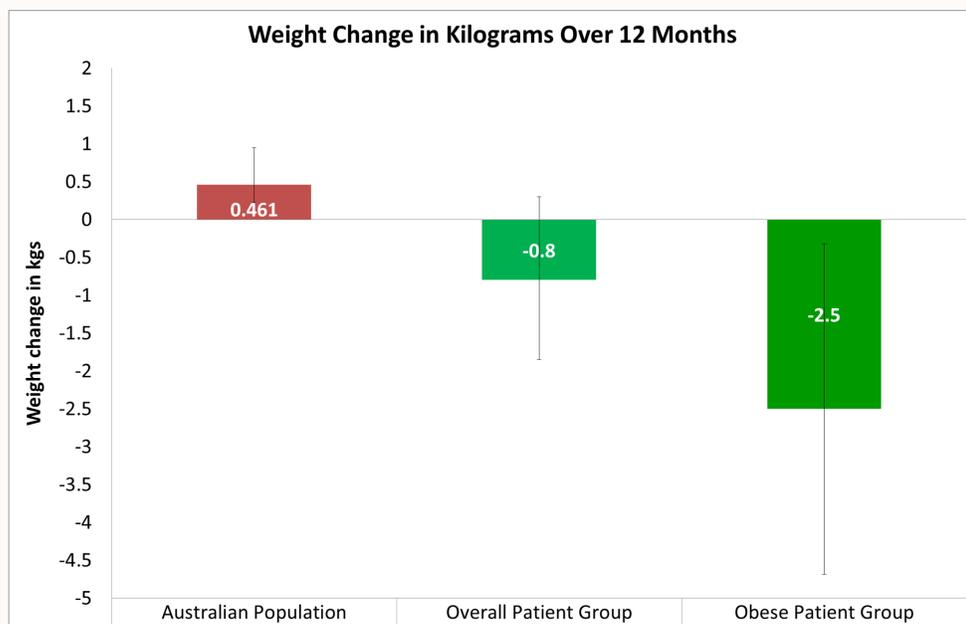
AUTHORS: Dr Duncan MacKinnon, Dr Andrew Bonney, Mr Darren Mayne, Dr Stephen Barnett, Ms Bridget Dijkmans-Hadley

## Background and Rationale

- Obesity has become the fastest growing health risk of the 21st century.
- The aim of this pilot was to assess if the weighing of patients with discussion at each incidental GP presentation, had an impact on weight maintenance.

## Methods

- Patients aged 20 to 70 years (n=420) were recruited from six GP practices and weighed each time they presented over a 12-month period.
- Weights were recorded and analysed using t-tests and analysis of variance.
- Data for weight change in Australia (n=29,799) was used for comparison.



## Potential uses of this research

- ✓ Weight gain in Australian adults is 0.416 kg annually.
- ✓ **A non-significant weight loss of 0.8kg overall and a significant 2.5kg weight loss in the obese show positive trends which are encouraging and warrant further investigation.**
- ✓ Although incremental, this small intervention could have nationwide benefits with minimal costs for national health services.

**NB:** A qualitative study is underway to address the feasibility of the study in general practice. Views from the whole practice as well as patients are being investigated.

## Findings

- Per protocol analysis was conducted on the data of 198 participants.
- Median study time for patients was 337.5 days, with 68 (34.3%) enrolled for one year.
- Overall, there was a non-significant weight loss among patients of -0.8kg (95% CI -1.85 to 0.30kg).
- There was a significant weight loss in obese patients of -2.5kg (95% CI -4.69 to -0.32) overall
- Obese patients lost 3.3kg (95% CI 0.505 to 6.174) more weight than underweight/normal weight patients and 2.8kg (95% CI 5.131 to 0.387) more weight than overweight patients.
- There was a significant difference for BMI category at enrolment.

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1. AIHW (Australian Institute of Health and Welfare) 2010. *Australia's health 2010*. Australia's health series no. 12. Cat. no. AUS 122. Canberra: AIHW.  
2. Haro, S. Fit and Fat Man Image, accessed 2/6/2014, URL: <http://sandrahoro.deviantart.com/art/Fit-and-fat-man-28528623>