Service Priorities and Programmes  
Electronic Presentations

Convention ID: 532  
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**Attitudes and practices on management of overweight and obesity among Doctors working in Department of Family Medicine and Primary Health Care in Kowloon West Cluster, Hospital Authority, Hong Kong**  
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**Keywords:**  
obesity  
management  
atitude  
family physician  
general practitioner

**Introduction**  
The prevalence of people who are overweight and obese is rapidly increasing. In Hong Kong, 36.7% of population is overweight or obese. Obesity is associated with a lot of co-morbidities, and poses significant challenge to public health. General practitioners (GP) are in an important position to manage overweight and obesity. Overseas studies showed that GPs held positive views about their roles in obesity management and prevention. However, many felt that weight management was not professionally rewarding. In order to improve the management of overweight and obesity, it is important to explore the current attitudes and practices of GPs. However, similar study in Hong Kong is lacking.

**Objectives**  
To assess family physicians' attitudes and practices on the prevention and management of patients with overweight and obesity

**Methodology**  
A cross sectional survey was carried out with a validated questionnaire composed of 45 questions. The questionnaire assessed the views on weight management, definition of success, views regarding the usefulness of drugs, approaches to and strategies recommended for weight management, and problems and frustrations in managing overweight and obesity.

**Result**  
More than half of the physicians feel that adults with healthy body weight should be
encouraged to maintain their weight, and overweight adults should be offered treatment. Although only 2.3% of physicians strongly agree that weight management is rewarding, more than 70% of them feel that they are in the best role in weight management and would not refer patients to other professionals. Physicians frequently omit the effect of patient’s family members and home environment on patient’s weight control that only 1% of physicians assess these factors. More than half of the physicians feel assessing patient’s diet, physical activity habits and weight history important, and around half of them also do these in daily practice. More than 90% of physicians give advices on reducing fat intake, being more active and increasing fruit and vegetable consumption, and more than 40% of physicians feel these are important. Less than 20% of physicians try to understand patients’ expectations on weight management. They seldom assess patient’s readiness for change or follow up patients for long period (more than 2 years) although they think these are important. The main obstacles faced by them are consultation time constraint, lack of patient’s motivation and inadequate training. This study suggests there is room to improve the practice of doctors in their management of overweight and obesity. Increasing consultation time, setting up specific consultation session and providing more training on weight management for doctors may help.