



## Service Priorities and Programmes Electronic Presentations

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### **Enhancing awareness of weight management in the community**

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### **Keywords:**

weight management

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### **Introduction**

The high prevalence of overweight and obesity has caused significant health risks to the population of Hong Kong. Patients from general outpatient clinics may represent a population with higher risk compared to the general population due to a higher ratio of chronic morbidity. However, the problem is not properly addressed in primary health care. In view of the negative effects of obesity and overweight on health and its strong association with chronic illnesses, it is imperative for primary health care workers to initiate intervention in primary health care settings.

### **Objectives**

(1) To increase the awareness and knowledge of weight management (2) To increase the motivation to adopt healthy lifestyle that is essential in weight management.

### **Methodology**

The program consists of individual assessment, health education seminars, workshops, weight management diary and phone follow up. Post intervention assessment includes checking motivation status and feedback from patients.

### **Result**

Result: 256 patients with body mass index > 25 were offered the weight management program. 207 patients (80.8%) patients had chronic diseases; mainly diabetes (29.3%) and hypertension (49.6%). 211 patients (82.4%) realized that they were overweight and 205 patients (80%) understood that overweight could have adverse effect on their health. 145 patients (56.6%) were enrolled in the program and only 56 patients (38%) actually attended. In the evaluation, 47 patients (97.9%) gave a positive feedback on the understanding of balance diet, food choice and exercise. The program could motivate 29 (60.4%) patients to set target for weight reduction. Also, 45 patients (90%) agreed to increase physical activities and 46 patients (92%) would pay more attention on food choice and food labels. 36 patients agreed for phone follow up, but 10 patients (27.7%) had lost contact. The remaining 26 patients gave positive feedback for weight management at 2-weeks phone follow up. 18 patients (50%) reported that

they had started regular exercise and rational food choice. 2 out of 7 smokers reported that they had quitted smoking. 4 patients (11.1%) reported that they had reduced 1 to 3 kg in 2 weeks. Conclusion: Weight management program can increase the patients' awareness and motivation to adopt healthy lifestyle, which can ultimately benefit the control of chronic diseases and prevention of complications.