



Decision Tool - Weight Concern Strategy

Adapted to local settings from Consent to Weight Management Strategy, Health Not Diets, Fiona Willer 2014

1. Traditional Approach (Weight Loss Counselling)

- **Intention of treatment:** To achieve weight loss or change body shape.
- **May include:** Meal plan, portion control, dietary or exercise prescription or manipulation, counselling in behaviour change techniques, psychological or other healthcare professional support.
- **What you can expect:** If you stick to the diet, weight loss and improvements in biochemical markers during first 12 weeks. Likely weight re-gain to original or more than original within 3-5 years. Biochemical markers may also revert to pre-treatment levels.
- **Support offered:** GP or healthcare professional appointments or recommendations for online services such as Weight Watchers.
- **Risks:** Development of disordered or maladaptive eating patterns, weight cycling, increased body dissatisfaction, increased weight from baseline in the long-term.

2. Non-diet Approach

- **Intention of treatment:** To encourage and enable healthy behaviours regardless of current weight status or body shape.
- **May include:** Mindful eating training, hunger-fullness awareness training, experimentation with responding to body cues, pursuit of joyful movement, exploration of dieting history and reframing value of body weight and shape, support and encouragement from trained professional.
- **What you can expect:** Long-term weight stability at 5 years after possible initial weight fluctuation. Possible improvement in biochemical markers. Likely improvement in eating behaviours and dietary quality, reduction in body dissatisfaction, sustained movement.
- **Support offered:** Specialist professional support.
- **Risks:** Lack of support from family or friends due to unfamiliarity with approach, initial unease of letting go of long held dietary beliefs or restrictions, experiencing a sense of grief due to loss of the 'thin me' dream.

3. No change, continue current lifestyle

- Your health status and/or weight may or may not change in the future. The determinants of both health and weight are complex and not fully understood, and there is no lifestyle pattern which will guarantee perfect health.
- There are eating and activity patterns which are linked to longevity and wellness, just as there are eating and activity patterns linked to poorer health. A registered Dietitian or Nutritionist can help to explain the science behind these factors.
- If you are not ready to make any changes right now, that is okay. Life is often challenging. Your healthcare professional would be pleased to assist you when you are ready.

My Decision: **Option 1: Traditional Approach**
 Option 2: Non-diet Approach
 Option 3: No change