Supporting people of all sizes to thrive: call to update Clinical Practice Guidelines - Media release

Dietitians Australia supports the call for the National Health and Medical Research Council (NHMRC) to update the Clinical Practice Guidelines for the management of overweight and obesity.

Currently rescinded, it has been almost 10 years since the Clinical Practice Guidelines were released, yet the latest National Health Survey (2017-18) reported more than two-thirds of Australian adults were overweight or obese.

Since the release of the guidelines, nutrition research has evolved to support a variety of weight centric and weight neutral approaches. It's vital the guidelines reflect the evolving nature of this research to support the needs of Australians.

"We're all different, with differing health needs, lifestyles and goals. Accredited Practising Dietitians (APDs) know the same approach won't be suitable for everyone, and the answer lies in empowering personal behaviour change," said Simone Austin, Senior Dietetic Advisor at Dietitians Australia.

"APDs work with their clients to assist them to develop dietary patterns that support individual health outcomes, which may or may not involve a weight loss goal," said Austin.

High body mass, poor food choices, inactivity and economic disadvantage are risk factors to a range of chronic conditions including type 2 diabetes and heart disease. Just under half of

Australian adults report having one or more chronic conditions. Without providing appropriate support, we face a society that will become overrun by the social and economic impacts of poor health.

Updating the Clinical Practice Guidelines will help ensure Australians are supported with the best health management plan for their needs.

“The Guidelines will help prompt conversations and engage the required health care professionals to ensure larger bodied people receive the right support to achieve optimal health and wellbeing.”

“These are also a vital tool to support the implementation of the National Obesity Strategy which is due to be released this year,” said Austin.

It is imperative to have guidelines that are current and reflect modern healthcare practices. As the leading voice in nutrition, Dietitians Australia looks with interest to support the NHMRC in the development of these Guidelines.

“Both weight centric and weight neutral approaches have established health benefits. Dietitians are here to support Australians to improve their health by using an evidenced based approach that best suits their clients’ needs,” said Austin.

World Obesity Day is recognised across the globe today. Dietitians Australia continues to advocate for the awareness about the importance of stigma-free health support for every body.

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Media enquiries

For media enquiries and interviews, contact our Media Officer on 0409 661 920.

Note to editors: Dietitians Australia is the leading voice of nutrition in Australia, representing dietitians nationally and advocating for healthier communities. Accredited Practising Dietitian (APD) is the only national credential recognised by the Australian Government as the quality standard for nutrition and dietetics services in Australia.