

Weighing in General Practice

Does it have an impact on weight management?

Results of an innovative research study



What was the study?

Patients were weighed each time they presented to the practice over a 12 month period.

198 patients aged between 20 to 70 were recruited from six general practices.

Why was this study important?

Weight gain in Australian adults is 0.416kg annually.

This study demonstrated a weight loss of 0.8kg overall and a significant 2.5kg weight loss in obese patients.

This small intervention could have nationwide benefits, with minimal costs to national health services.

Results:

Obese patients lost 3.3kg more than underweight or normal weight patients and lost 2.8kg more than overweight patients.

The study revealed an average weight loss in participants of 800g.

The results indicate that those patients in the obese weight range lost an average of 2.5kg.

Weight change varied between practices, ranging from a mean loss of 3.7kg in Practice 2 to a mean gain of 400g in Practice 3.

The number of general practice attendances ranged from 7-11 visits during the 12 month study period.

What impact has this study had?

The results of this study have been presented at medical conferences and disseminated among GPs in the Illawarra region and beyond to improve the health of the community.

Key researchers

Dr Duncan Mackinnon, Prof Andrew Bonney, Mr Darren Mayne, Dr Stephen Barnett and Ms Bridget Dijkmans-Hadley.

Project funding

This study was conducted by the Illawarra and Southern Practice Research Network (ISPRN) which is co-funded by the University of Wollongong's Graduate School of Medicine and the Illawarra Health and Medical Research Institute (IHMRI).

This specific project was funded by the Department of Health and Ageing.

Any questions?

If you have any further queries with regards to this project please contact:

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About ISPRN

The Illawarra and Southern Practice Research Network (ISPRN) is a partnership between the University of Wollongong's Graduate School of Medicine (GSM) and the Illawarra Health and Medical Research Institute (IHMRI). ISPRN supports individual investigator projects and provides a framework for other researchers to partner with GP practices in research.

About IHMRI

IHMRI is an independent health and medical research institute based on the University of Wollongong campus. IHMRI's vision — *excellence and innovation in health and medical research supporting better health services leading to a healthier Illawarra community* — encapsulates our belief that by linking academic and clinician researchers around common health and medical issues, research findings can be rapidly translated into improved clinical practice in the Illawarra region and beyond.

Results from this project were presented by lead investigator, Dr Duncan Mackinnon, who received the "best poster award" at the **Primary Health Care Research Information Service Conference** in July 2014.



Ms Bridget Dijkmans-Hadley (left) and Dr Duncan Mackinnon (right) at the conference.