

The Adult Weight Management Programme (AWMP) is a programme geared towards improving the outcomes of people with obesity and obesity related illness such as type 2 diabetes, pre-diabetes (impaired glucose tolerance or fasting glucose), or obstructive sleep apnoea (OSA) by helping them develop and maintain healthy lifestyle behaviours, lose weight healthily, and maintain weight loss. The programme will accept people with other obesity-related disorders such as non-alcoholic steatohepatitis (NASH), infertility, osteoarthritis needing to lose weight for joint replacement surgery, etc. However, priority will be given to those who stand to benefit the most from the programme (ie greatest amount of co-morbidities with greatest potential for improvement).

Patients are not required to have tried previous organised methods of weight loss (Weight Watchers, Jenny Craig, etc.) before referral.

The Adult Weight Management Programme is a 6 month intensive group education programme with medical follow up at 6 months, 1 year and 2 years after starting the programme. The group education programme meets weekly at the Waikato Regional Diabetes Service (located at 26 Clarence St., Hamilton). The curriculum covers behavioural change, healthy eating, exercise and activity, and health education regarding obesity related health issues. The programme uses the principles of mindfulness and Acceptance and Commitment Therapy (ACT) to enable behavioural changes. Unless medically unsafe for the person, Optifast is used as a meal replacement to aid with weight loss within the first part of the education programme while participants are beginning to gain the knowledge and skills to develop and maintain healthy lifestyle habits.

Once a patient's referral has been accepted, the person will be evaluated from both physical and mental health perspectives for appropriateness of the programme for them. If the person is appropriate and willing, they will then enter one of the AWMP group programmes.

Patients who would not be appropriate for group education should not be referred to the programme. These patients can be referred to the Waikato Hospital Dietetic Services Weight Loss Clinic instead.

Please Use our Referral Form When Referring to our Service.

Please also keep in mind that patients will only be able to go through the group programme ONCE. Therefore, if the patient is not committed to undergo such a programme, it is best to defer the referral to a more appropriate time or consider referral to another service.

INCLUSION CRITERIA:

- Obesity-Related Illnesses such as:
 - Type 2 Diabetes
 - IFG (FBS \geq 5.6 mmol) or IGT (2 hr post GTT \geq 7.8 mmol)
 - HBA1c \geq 42 mmol/mol
 - Obstructive Sleep Apnoea
 - Non-Alcoholic Steatohepatitis
 - Needing to lose weight to undergo surgery
 - Hypertriglyceridaemia
 - Hypertension related to obesity
 - Other
- BMI \geq 35
- Age 18 years or older
- Desire to lose weight and is willing to make permanent life changes to achieve sustained weight loss
- Feels that he/she needs to and could lose weight with the support of the programme
- Adherent to self blood glucose monitoring (when appropriate), medications, medical testing, and appointments
- Able to attend all weekly group sessions and appointments
- Has not previously attended the Adult Weight Management Programme.

EXCLUSION CRITERIA:

- Pregnancy
- Lactation
- Conditions with a high catabolic state
- Active illicit drug or alcohol abuse/dependency or not treated for a sufficient duration to prove stable abstinence (minimum of 1 year)
- Unstable mental illness or mental illness not treated for a sufficient duration to prove stability (minimum of 1 year)
- Significant risk issues to self or others, and absence of appropriate support system
- Active bulimia that is not treated or not treated for a sufficient duration to prove stable abstinence of bulimic behaviour (minimum of 1 year)
- Serious interpersonal issues which would disrupt patient group sessions (e.g. difficulty managing anger, violent and anti-social behaviour)
- Deficits in intellectual functioning to such a degree that patient group education would be inappropriate for them
- Does not attend appointments.