

Perceptions of barriers to effective obesity management in Canada: results from the ACTION study

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Objective (39 words):

Obesity is a chronic disease that is often not recognized or optimally managed in clinical practice. The ACTION study investigated perceptions, attitudes and barriers to weight management in persons with obesity (PwO), healthcare providers (HCPs) and employers in Canada.

Methods (20 words):

Adult PwO (body mass index ≥ 30 kg/m²), HCPs and employers completed online surveys between August 3 and October 11, 2017.

Results (136 words):

Survey respondents totalled 2,545 (2,000 PwO, 395 HCPs, 150 employers). Most PwO (60%), HCPs (94%) and employers (71%) considered obesity a chronic medical condition; 74% of PwO believed that obesity impacts overall health, versus 77%, 75% and 67% for stroke, diabetes and cancer. Many PwO (74%) believed weight management was their responsibility, few (21%) thought HCPs had a responsibility to help.

While PwO (55%) reportedly knew how to manage their weight, only 1/10 reported maintaining $\geq 10\%$ weight reduction for >1 year. Despite low success rates, ‘improvements in eating habits’ (PwO 38%; HCP 63%) and ‘being more active’ (PwO 39%; HCP 54%) were ranked as the most effective approaches to long-term weight management. Only 34% and 43% of HCPs considered consulting, respectively, a nutritionist/dietitian or bariatric surgeon effective for weight management; $<6\%$ of PwO shared these beliefs.

Conclusions (37 words):

Many PwO reported knowing how to manage weight, yet few reported long-term success. PwO and HCPs shared the belief that ‘eat-less-move-more’ was the most effective approach. All groups may benefit from a more collaborative understanding of obesity.

Financial Support (14 words):

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