

Option 1: Traditional Approach To Weight Management (Focus On Weight Loss)

The traditional approach to health/weight management focuses heavily on weight and a number on a scale. This approach usually includes a meal plan, portion control, dietary prescription or manipulation, a prescription of exercise, counselling in behavioural modification techniques, and encouragement. It may also involve psychological support. This approach relies on external controls.

With this approach you can expect: weight loss and improvement of biochemical markers during first 12 weeks with likely weight regain to your original weight within 3-5 years. Biochemical markers may also revert to pre-treatment levels.

What you need to know about the Traditional approach:

Main focus: Intention of treatment is to achieve body weight loss or body shape change.

Evidence:

- Research has taught us that 80% of people who lose weight go on to regain that lost weight at 5 years of commencing a diet, and that the probability of achieving a BMI < 25kg/m² (if currently classified as Obese) is 1 in 124 for women and 1 in 210 for men;
- Weight cycling occurs in 1/3 of all participants who undertake restrictive dieting practices;
- Being unfit is more of a predictor for mortality than weight;
- Healthy behaviours, like the following are more important to your health than weight: Core foods (5+ Fruit and veg), > 12 x month leisure time physical activity, not smoking, >0 and up to 1 alcoholic drink per day for women and 2 for men.

Risks associated with the traditional approach to weight management:

- Development of disordered or maladaptive eating patterns (binge eating, or strict dietary restriction),
- Chronic dieting syndrome, including weight cycling;
- Increased risk of depression, anxiety, impairment of working memory impairment;
- Increased risk of morbidity and mortality;
- Increased weight from baseline.

Support offered:

Usual support is ____ visits per month for ____ months. Although this will depend on your progress and wishes.

Option 2: Intuitive Eating (Non-Weight Focused Approach)

The Intuitive Eating approach encourages and enables healthy behaviours regardless of current weight status or body shape. This approach usually includes training in mindful eating, training in hunger-fullness awareness, experimentation with responding to body cues, pursuit of joyful movement, exploration of dieting history and reframing the value of body weight and shape, psychological support and encouragement.

What you need to know about the Intuitive Eating Approach:

Main focus: The Intuitive Eating Approach is a multi-faceted approach that focuses on improved health. No stipulation of appropriate serving/portion sizes or eating times. Development of hunger/fullness awareness and familiarity, development of skills in mindful eating, building of trust in one's body cues.

Evidence:

- Research confirms you can expect long term weight stability at 5 years after possible initial weight fluctuation. Possible improvement in blood pressure, cholesterol, blood sugar, cortisol level.
- Likely improvement in intuitive eating behaviours and diet quality, reduced body dissatisfaction, sustained physical activities²; and reduced morbidity and mortality risk.
- Improvements in dietary quality, improved psychological health, decrease in disordered eating patterns and behaviours, improved self-esteem and lower risk of depression.

Risks associated with the intuitive eating approach:

- Lack of support from family/friends due to their unfamiliarity with approach;
- Initial unease with letting go of long-held dietary beliefs
- Grief due to loss of 'thin me' dream.

Support offered:

Usual support is ____ visits per month for ____ months. Although this will depend on your progress and wishes.

Option 3: Opt Out (Continue Current Behaviours)

Now that we have completed a nutrition assessment you may choose to take the information we have gathered and continue looking after your health in the same way as you have been up until now. You may wish to ask your dietitian to explain the science behind lifestyle factors and eating patterns that are linked to longevity and wellness, or linked to poorer health.

If you choose this option we sincerely hope the information you have gained during the nutrition assessment will help to keep you well. If you wish to seek support in the future your dietitian will be more than happy to assist you further.

Consent Declaration

I, _____, have read the above options and discussed them with my Accredited Practising Dietitian. I understand that each person's experience and results may vary and that this agreement is solely between me and my Dietitian. I understand that I may choose to cease nutrition support at any time and may choose to change approaches following discussion with my Dietitian. I understand that a copy of this agreement may be forwarded to my GP.

At this time I would like to pursue the following option:

- Option 1. Traditional Approach Option 2. Intuitive Eating Approach Option 3. Opt out

Client Name: _____ Signature: _____ Date: _____

Clinician Name: _____ Signature: _____ Date: _____

References

1National Health and Medical Research Council (2013). *Clinical practice guidelines for the management of overweight and obesity in adults, adolescents and children in Australia*. National Health and Medical Research Council, pg69.

2Tylka, T. A. (2014). *Weight-inclusive versus Weight-Normative Approach to Health: Evaluating the Evidence for Prioritizing Well-Being over Weight Loss*. *Journal of Obesity* 2014.

Willer, F. (n.d.). 2014. Retrieved January 2017, from [www.healthnotdiets.com](http://www.healthnotdiets.com/Consent%20for%20Weight%20Management%20Strategy.pdf), <http://www.healthnotdiets.com/Consent%20for%20Weight%20Management%20Strategy.pdf>