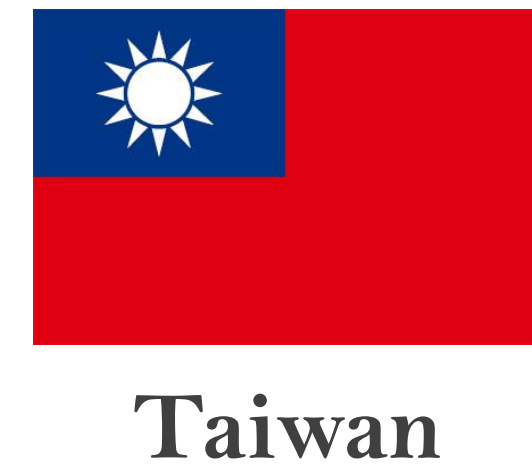


# Preliminary Experience of Implementing Evidence-based Obesity Prevention and Management Guideline into Healthy Hospital Accreditation

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## Introduction

- In Taiwan, the proportion of people in healthy weight range has dropped from nearly 60% 20 years ago to less than 50% currently.
- Correspondingly, the proportion of overweight and obesity has increased, and at present, about one in five people in Taiwan is obese.
- In response to the Global Action Plan developed by WHO, Taiwan government is working on the prevention and management of obesity, aiming to reduce the detrimental effects of obesity.

## Methods

- In 2017, we had developed the GRADE based "Evidences-based Guidelines on Obesity Prevention and Management".
- To put into practice, the Health Promotion Administration of Ministry of Health and Welfare of Taiwan had recruited experts to act on the project of " the Counselling and Promotion of Evidence-based Obesity Prevention and Management Guideline"
- Aim to enhance the expertise of medical staff, to establish a mechanism for referral of obese children and adults to health care organization, and to promote effective obesity management in healthy hospitals.

## Results

- The Taiwan Medical Association for the Study of Obesity has organized and developed the reference standard operation procedure for integration the guideline into practice.

### Standard

#### Access the needs of health promotion at the first contact with the patient

- Height/weight measurement, BMI calculation, and weight range judgement
- Anthropometric measurement recorded in medical chart

#### Based on the assessment, patients can obtain information of relevant risk factors

- anthropometric measurement record at every clinic visit
- provide information of weight reduction program and weight control clinic for patients with metabolic syndromes

#### Provide intervention, treatment, and follow-up

- set up SOP of health education and referral, and organize interdisciplinary team of weight control
- weight control clinic referral for patients with high risk of comorbidity

#### Protect the health of employees and ensure the development of a healthy work environment

- employee health promotion activities include weight management
- set up weight reduction program or exercise program

- Four healthy hospitals were entrusted in 2018 and eleven healthy hospitals in 2019 to implement the guideline into healthy hospital accreditation, including developing automatic weight range judgement, setting up weight control clinic, establishing a mechanism for referral, and promoting employee healthy weight maintenance.

### Roadblock

- ◆ Regarding obesity as a consequence but not a disease, and lack of medical staffs willing to participate
- ◆ Insufficient awareness in general public to the health impact of obesity
- ◆ Obesity treatment not yet covered by Health Insurance, and patients with obesity need to pay their own expense

### Action

- ✓ Produce E-learning videos for medical staffs on-the-job training, and establish a reward system to encourage medical staffs to participate
- ✓ Edit the "Obesity100 plus Q and A Handbook" for general public to increase the awareness
- ✓ Government action to improve the environment and amend the health insurance regulations, rather than focus on individual responsibility.

## Conclusion

- Medical staffs were encouraged to take the responsibility of prevention and management of obesity and to promote people's health.
- Integration of the evidence-based obesity guideline into healthy hospital accreditation can make Taiwan's obesity prevention and management more in line with the connotation of clinical practice, and reduce the health hazards caused by obesity.