

# Clinical Practice Guidelines for the Management of Overweight and Obesity for Adults, Adolescents and Children in Australia



The Australian Department of Health and Aged Care, alongside Deakin University are updating the Clinical Practice Guidelines for the Management of Overweight and Obesity. In December 2024, public consultation was opened to inform the update.

In Cancer Council's submission, we highlighted key points for consideration to help ensure the Guidelines are incorporating the most up to date evidence and are easy for clinicians to interpret and utilise. We recommended:

- It is important that the language used in the Guidelines does not create bias or stigma towards people living with overweight and obesity.
- It is important that patients understand why their weight is being discussed by a healthcare professional, and that they clearly explain to patients the link between overweight and obesity and certain chronic conditions, so that there isn't increased stigma, and patients don't feel as though they are having their weight discussed for no clear reason.
- Throughout the Guidelines, the rating systems utilised were at times confusing and not easy to interpret.
- There is updated evidence available regarding the number of cancers which are linked to having overweight and obesity, which we recommended be included in the final Guidelines.
- It was excellent to see that the Guidelines have considered the relevant links to other government policies, including the National Obesity Strategy. This will help to ensure that healthcare professionals are aware of other useful resources and policies relating to overweight and obesity.
- There must be consideration given to the fact that a person's journey for weight management does not typically begin in primary care, rather it often begins at home, and on the internet. It is therefore important that health professionals support individuals to access quality information online and provide resources such as [LiveLighter](#).
- Only one community member with lived experience was involved in the development of the Guidelines, and we believe that this does not constitute an appropriate level of community engagement.

Cancer Council are supportive of the update to the Guidelines and commend the Department for undertaking a comprehensive review. Further information on the consultation and the Guidelines can be found on the Department of Health and Aged Care's [consultation hub](#).