#### **University of Wollongong**

#### **Research Online**

Faculty of Science, Medicine and Health - Papers: Part B

Faculty of Science, Medicine and Health

2015

# Weighing in General Practice: Does it have an impact on weight management? Results of an innovative research study

Duncan MacKinnon University of Wollongong

Andrew D. Bonney *University of Wollongong*, abonney@uow.edu.au

Darren J. Mayne *University of Wollongong*, dmayne@uow.edu.au

Stephen Barnett *University of Wollongong*, sbarnett@uow.edu.au

Bridget R. Dijkmans-Hadley University of Wollongong, bdh@uow.edu.au

Follow this and additional works at: https://ro.uow.edu.au/smhpapers1

#### **Publication Details Citation**

MacKinnon, D., Bonney, A. D., Mayne, D. J., Barnett, S., & Dijkmans-Hadley, B. R. (2015). Weighing in General Practice: Does it have an impact on weight management? Results of an innovative research study. Faculty of Science, Medicine and Health - Papers: Part B. Retrieved from https://ro.uow.edu.au/smhpapers1/1551

Research Online is the open access institutional repository for the University of Wollongong. For further information contact the UOW Library: research-pubs@uow.edu.au

# Weighing in General Practice: Does it have an impact on weight management? Results of an innovative research study

#### **Abstract**

Patients were weighed each time they presented to the practice over a 12 month period. 198 patients aged between 20 to 70 were recruited from six general practices.

#### **Keywords**

have, impact, weight, management?, results, innovative, research, study, general, weighing, practice:, does

#### **Publication Details**

MacKinnon, D., Bonney, A., Mayne, D., Barnett, S. & Dijkmans-Hadley, B. (2015). Weighing in General Practice: Does it have an impact on weight management? Results of an innovative research study.

# Media

Results from this project were presented by lead investigator, Dr Duncan Mackinnon, who received the "best poster award" at the Primary Health Care Research Information Service Conference in July 2014.



Ms Bridget Dijkmans-Hadley (left) and Dr Duncan Mackinnon (right) at the conference.

#### Any questions?

If you have any further queries with regards to this project please contact:

Alyssa Munkman Graduate School of Medicine University of Wollongong

(02) 4221 5819 amunkman@uow.edu.au http://smah.uow.edu.au/medicine/contacts

#### **About ISPRN**

The Illawarra and Southern Practice Research Network (ISPRN) is a partnership between the University of Wollongong's Graduate School of Medicine (GSM) and the Illawarra Health and Medical Research Institute (IHMRI). ISPRN supports individual investigator projects and provides a framework for other researchers to partner with GP practices in research.

#### **About IHMRI**

IHMRI is an independent health and medical research institute based on the University of Wollongong campus. IHMRI's vision — excellence and innovation in health and medical research supporting better health services leading to a healthier Illawarra community — encapsulates our belief that by linking academic and clinician researchers around common health and medical issues, research findings can be rapidly translated into improved clinical practice in the Illawarra region and beyond.







# Weighing in General Practice

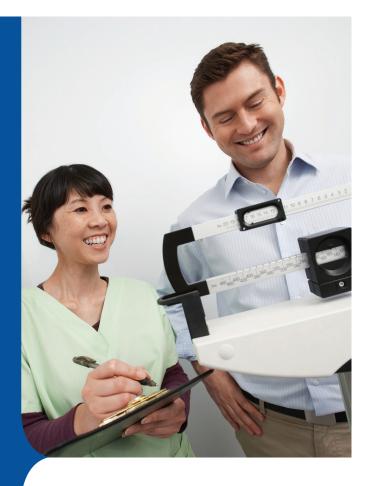
Does it have an impact on weight management?

Results of an innovative research study









# What was the study?

Patients were weighed each time they presented to the practice over a  $12\ \text{month}$  period.

198 patients aged between 20 to 70 were recruited from six general practices.

#### Why was this study important?

Weight gain in Australian adults is 0.416kg annually.

This study demonstrated a weight loss of 0.8kg overall and a significant 2.5kg weight loss in obese patients.

This small intervention could have nationwide benefits, with minimal costs to national health services.

#### **Results:**

Obese patients lost 3.3kg more than underweight or normal weight patients and lost 2.8kg more than overweight patients.

The study revealed an average weight loss in participants of 800g.

The results indicate that those patients in the obese weight range lost an average of 2.5kg.

Weight change varied between practices, ranging from a mean loss of 3.7kg in Practice 2 to a mean gain of 400g in Practice 3.

The number of general practice attendances ranged from 7-11 visits during the 12 month study period.



## What impact has this study had?

The results of this study have been presented at medical conferences and disseminated among GPs in the Illawarra region and beyond to improve the health of the community.

#### **Key researchers**

Dr Duncan Mackinnon, Prof Andrew Bonney, Mr Darren Mayne, Dr Stephen Barnett and Ms Bridget Dijkmans-Hadley.

### **Project funding**

This study was conducted by the Illawarra and Southern Practice Research Network (ISPRN) which is co-funded by the University of Wollongong's Graduate School of Medicine and the Illawarra Health and Medical Research Institute (IHMRI).

This specific project was funded by the Department of Health and Ageing.



Illawarra Health and Medical Research Institute
Building 32
University of Wollongong campus, NSW, 2522
T: +61 2 4221 4333 or E: ihmri@uow.edu.au
Visit: www.ihmri.uow.edu.au