

# RACP Obesity statement

- Obesity is a disease
- Obesity is a systemic, societal problem
- Sections:
  - Public health advocacy
  - Reducing weight bias
  - Supporting patients
  - Access to bariatric surgery
  - Co-design actions with priority populations



**Action to prevent obesity and reduce its impact across the life course**

**RACP Position Statement on Obesity**

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145 Macquarie Street, Sydney NSW 2000, Australia  
Telephone +61 2 9256 5444 | Facsimile +61 2 9251 7476 | Email [policy@raccp.edu.au](mailto:policy@raccp.edu.au)

## RACP recommendations



- Weight as a vital sign
- Optimise health at any weight
  - Diet, PA, sleep, stress, medications etc
- Prevent further weight gain
- Carefully consider weight loss attempts