

# 6 Steps to Embed Obesity in Local Learning Curricula

Multiple building blocks are required to improve obesity patient care, including clinical education and training, chronic care practices, improved reimbursement, public health initiatives, the buy-in of stakeholders, patient advocacy, and enduring treatment options.

Of these, **clinician education and training are foundational** to improvements in care. Embedding a patient-focused approach in curricula and training programmes supports the development of a competent and informed workforce to manage obesity, while low priority of obesity education leads to lack of preparedness and limited disease understanding. These are significant barriers

to effective clinical management, as they lead to misperceptions and bias towards people with obesity and leave clinicians ill-equipped to effectively communicate with patients and provide appropriate diagnosis and treatment.

This **Guidance** is based on US best practice developed by the Obesity Medicines Education Collaborative (OMEC) who have established and disseminated a set of competencies for obesity education. The guidance has been put in place to support the creation of local programmes to promote, disseminate, or improve obesity medicine education for physicians, nurse practitioners, and other healthcare professionals.

To successfully implement obesity into training programmes the following criteria must be met:



Perceived need and priority



A local champion to promote



An opportunity for change



Integration

## Steps to bolster clinical education locally and establish/expand obesity curriculum

