**Presentation title**

Obesity management: how to bridge the gap between guidelines and current practice?

**Explain why your paper is relevant, important and of interest to GP22 participants**

With more than two thirds of Australians overweight or obese, and rates steadily rising, this is an urgent issue that all GPs face daily in their practice.

**Take home message**

* Obesity, commonly defined in Australia as a risk factor rather than a complex chronic condition, is poorly managed in the absence of comorbidities.
* National guidelines encourage prevention, early intervention and holistic care, however structured health checks are lacking in general practice for most Australians across the lifespan.
* GPs need effective clinical tools and adequate financial incentives to tackle this complex issue beyond brief opportunistic discussions.

**Background**

Common barriers to obesity management cited by GPs include low knowledge and confidence in discussing specific strategies, weight stigma threatening the doctor-patient relationship, inadequate time during opportunistic consults, lack of local resources and referral options, and poor remuneration.

**Aim / Hypothesis**

To explore current practice across different GP demographics and attitudes toward proposed educational and financial strategies in obesity prevention and management.

**Method**

Phase 1 (online survey): Australian GPs will be selected through AMPCo data services, 72% metro and 28% rural, until 200 responses are received. SPSS will be used for statistical analyses. Phase 2 (semi-structured interviews): up to thirty GP interviews will be recorded, transcribed, and NVivo used for coding and thematic analysis.

**Results**

Online survey data will be collected in May-June, interviews in July-September, with data analysis to follow in October-November.

**Discussion/Conclusion**

This study hopes to inform the development of targeted clinician education and billing schemes to enable obesity management in line with national recommendations. This has the potential to enhance clinician skill and satisfaction and improve patient outcomes. An analysis of the economic feasibility of the proposed strategies will also show how investment in preventive healthcare today can lead to significant savings for the economy tomorrow.