

# Clinical recommendations for long term weight management counselling.

Kunal Sharan\*

Department of Food Science, University of Federation, Australia

## Introduction

Weight management is a critical aspect of overall health and wellbeing. Achieving and maintaining a healthy weight can reduce the risk of developing chronic diseases such as type 2 diabetes, heart disease, and some cancers. However, weight management can be a challenging and complex process that requires on-going support and guidance.

### Set realistic goals

The first step in effective weight management counselling is to set realistic and achievable goals. Goals should be specific, measurable, and time-bound. Unrealistic goals can lead to frustration and disappointment, which can hinder progress [1].

### Assess readiness for change

Before initiating weight management counselling, it is essential to assess the patient's readiness for change. A patient who is not ready to change may be less motivated and less likely to adhere to the treatment plan.

### Use evidence-based interventions

Weight management counselling should be based on evidence-based interventions that have been shown to be effective in achieving and maintaining weight loss. These interventions include dietary changes, increased physical activity, behavioral therapy, and pharmacotherapy [2].

### Individualize treatment plans

Weight management counselling should be individualized to meet the unique needs and preferences of each patient. A one-size-fits-all approach is unlikely to be effective. The treatment plan should be tailored to the patient's lifestyle, cultural background, and medical history.

### Encourage self-monitoring

Self-monitoring is a critical component of successful weight management. Patients should be encouraged to track their food intake, physical activity, and weight regularly. This can help them identify patterns and make adjustments as needed [3].

### Emphasize long-term lifestyle changes

Weight management should be viewed as a long-term lifestyle change rather than a short-term fix. Patients should be encouraged to make gradual and sustainable changes to their diet and physical activity habits.

## Provide on-going support

On-going support and follow-up are crucial in long-term weight management. Patients should be provided with regular follow-up visits and support to help them stay motivated and on track. Weight management counselling is an essential aspect of overall health and wellbeing. By following these clinical recommendations, healthcare professionals can provide effective and evidence-based counselling to their patients, leading to successful long-term weight management [4].

### Address underlying medical conditions

Patients with underlying medical conditions such as hypothyroidism, polycystic ovarian syndrome (PCOS), or sleep apnea may require additional medical management in addition to lifestyle modifications. It is important to identify and address these conditions as part of the weight management plan.

### Involve family and social support

Family and social support can play a significant role in a patient's success in weight management. Involving family members or close friends in the patient's treatment plan can provide valuable support and accountability.

### Address psychological factors

Psychological factors such as stress, anxiety, and depression can contribute to weight gain and hinder weight loss efforts. Addressing these factors through cognitive-behavioral therapy or other psychological interventions can be an essential part of weight management counselling.

### Address weight bias and stigma

Weight bias and stigma can have negative impacts on a patient's self-esteem, motivation, and overall mental health. Healthcare providers should be aware of these issues and work to promote a weight-neutral and supportive environment for their patients.

### Monitor for weight regain

Weight regain is common after weight loss, and it is essential to monitor patients for signs of weight regain and address any underlying causes. This may involve adjusting the treatment plan, addressing emotional eating, or increasing physical activity. Weight management counselling should be individualized, evidence-based, and focused on long-term lifestyle changes. Addressing underlying medical conditions,

\*Correspondence to: Kunal Sharan, Department of Food Science, University of Federation, Australia, E-mail: [kunalsharan@federation.edu.au](mailto:kunalsharan@federation.edu.au)

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psychological factors, and weight bias can be critical in achieving and maintaining weight loss. On-going support and follow-up are also essential to help patients stay motivated and on track. With the right approach, weight management counselling can be an effective tool in promoting overall health and wellbeing [5].

## Conclusion

Long-term weight management counselling is an important component of overall health and wellbeing. Healthcare professionals can help their patients achieve and maintain a healthy weight by following evidence-based interventions, individualizing treatment plans, encouraging self-monitoring, emphasizing long-term lifestyle changes, providing ongoing support, and addressing underlying medical conditions, psychological factors, and weight bias. By taking a comprehensive and patient-centered approach to weight management, healthcare professionals can help their patients achieve their weight goals and promote a healthier and happier life.

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