



CONSENT FOR WEIGHT MANAGEMENT STRATEGY

1. TRADITIONAL APPROACH (WEIGHT LOSS COUNSELLING)

- Intention of treatment:** To achieve body weight loss or body shape change.
- May include:** Meal plan, portion control, dietary prescription/manipulation, exercise prescription, counselling in behavioral modification techniques, psychological support and encouragement.
- What you can expect¹:** Weight loss and improvement of biochemical markers during first 12 weeks with likely weight regain to original weight by 3-5 years. Biochemical markers may also revert to pre-treatment levels.
- Support offered:** Usual support is _____ visits per month for _____ months.
- Risks:** development of disordered eating or maladaptive eating patterns, weight cycling, increased body dissatisfaction, increased weight from baseline.

2. HEALTH AT EVERY SIZE ® APPROACH (NON-DIET APPROACH)

- Intention of treatment:** To encourage/enable healthy behaviors regardless of current weight status or body shape.
- May include:** Mindful eating training, hunger-fullness awareness training, experimentation with responding to body cues, pursuit of joyful movement, exploration of dieting history and reframing value of body weight and shape, psychological support and encouragement.
- What you can expect²:** long term weight stability at 5 years after possible initial weight fluctuation. Possible improvement in blood pressure, cholesterol, cortisol level. Likely improvement in intuitive eating behaviors and dietary quality, reduced body dissatisfaction, sustained physical activities.
- Support offered:** Usual support is _____ visits per month for _____ months.
- Risks:** Lack of support from family/friend due to their unfamiliarity with approach, initial unease with letting go of long-held dietary beliefs, grief due to loss of 'thin me' dream.

3. NO CHANGE (CONTINUE CURRENT LIFESTYLE)

- Your health status and/or weight may or may not change in the future. The determinants of both health and weight are complex and not completely understood, and there is no lifestyle pattern which will guarantee perfect health.
- There are eating and activity patterns which have been linked to longevity and wellness, just as there are eating and activity patterns linked to poorer health. A Registered Dietitian or Accredited Practising Dietitian can help to explain the science behind these factors.
- If you are not ready to make any changes right now, that is okay. Life is very often challenging. Your health professional would be thrilled to assist you when you are ready.

CONSENT DECLARATION

I, _____, have read the above descriptions and discussed the options with my healthcare professional. I understand that results may vary and that this agreement is solely between me and my healthcare professional. At this time I would like to pursue the following option:

- Option 1: Traditional Approach Option 2: Health at Every Size approach Option 3: No change

Name _____ Signature _____

Date _____ Healthcare Professional name _____

Signature, profession and registration number _____

¹ National Health and Medical Research Council (2013) Clinical practice guidelines for the management of overweight and obesity in adults, adolescents and children in Australia. Melbourne: National Health and Medical Research Council, p69.

² Tylka, T., Annunziato, R., Burgard, D., Danielsdóttir S., Shuman, E., Davis, C. and R Calogero. (2014) Weight-Inclusive versus Weight-Normative Approach to Health: Evaluating the Evidence for Prioritizing Well-Being over Weight Loss. *Journal of Obesity* 2014.