

Awareness Care and Treatment In Obesity management: ACTION Ireland national cross-sectional study

Recognition of obesity as a chronic disease
is not matched by evidence-based obesity care in practice

Background / Methods

Data is lacking comparing perceptions of people living with obesity (PWO) and healthcare professionals (HCPs) towards obesity management in Ireland

30% of Irish population live with obesity

National cross-sectional
online survey

Representative sample PWO (n=504)

Multidisciplinary HCPs (n=159)

Key Findings

75% PWO and 98% HCPs
Believe obesity is a chronic disease

82% PWO vs 12% HCPs
Believe PWO is responsible for
weight loss/management

Hesitancy to initiate discussions
8-year delay to first discussion

Treatment relies on
generic lifestyle advice

Low referral, Low uptake (<10%)
of evidence-based treatments

Recommendations



Professional upskilling
in contemporary
obesity care



HCP initiated
empathetic
communication



Access to evidence
based treatments



Improve treatment
pathways

