

## **CAF/13/13 - Understanding the role of primary care in the management of co-morbid obesity: a mixed methods programme.**

Obesity is a big health problem in Scotland today. GPs and practice nurses have an important role to play in supporting adults with obesity to lose weight, especially those with additional health problems. More could be done to help people lose weight, in particular by promoting referrals to existing weight loss services. The proposed research will explore this issue in three sections.

First, it will classify the adult obese population according to additional conditions and other risk factors (like smoking). Second, it will review previous research into interventions targeting the behaviour of primary care practitioners to promote weight reduction in adults with obesity. Third, it will interview patients who have been referred to a specialist weight management service, and the health professionals that referred them, to better understand the referral process. The research will provide new knowledge that will support more successful weight management in primary care in the future.