

Mündliche Präsentationen:

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Perceptions, attitudes, behaviours and barriers to effective obesity care: key dietitian findings from the ACTION Switzerland survey study

Gabriela Fontana (Swiss Obesity Alliance, Baden, Switzerland), **Philipp A. Gerber** (University Hospital Zürich and University of Zürich, Zürich, Switzerland), **Dominique Durrer** (Eurobesitas EASO COMs Centre, Vevey, Switzerland), **Ralph Peterli** (Clarunis, University Centre for Gastrointestinal and Liver Diseases, St. Clara Hospital and University Hospital Basel, Basel, Switzerland), **Doris Fischer-Taeschler** (Swiss Obesity Alliance, Baden, Switzerland), **Gionata Cavadini** (Novo Nordisk Pharma AG, Zürich, Switzerland), **Patrick Pasi** (University Hospital Zürich and University of Zürich, Zürich, Switzerland)

Kurze Zusammenfassung: Introduction: Obesity is a chronic disease that requires long-term support from healthcare professionals (HCPs). There are limited data on the experiences of dietitians who provide obesity care. The Awareness, Care and Treatment In Obesity maNagement (ACTION) Switzerland study aimed to assess perceptions, attitudes, behaviours and barriers to effective obesity care among people with obesity (PwO) and HCPs, including dietitians.

Method: ACTION Switzerland (NCT05232786) was a cross-sectional, survey-based study. Participants were recruited via online panels in Switzerland in March/April 2022 and completed surveys in English, French, German or Italian. PwO were adults with a body mass index ≥ 30 kg/m². Physicians and dietitians had been in clinical practice for ≥ 2 years and spent $\geq 50\%$ of their time in direct patient care; dietitians were members of the Swiss Association of Dietitians and had seen ≥ 5 PwO in the past month. This abstract focuses on key findings for dietitians.

Results: Overall, 25 dietitians, 125 physicians and 1002 PwO completed the survey. Dietitians had a mean age of 40.4 years; 92% were female and 72% practised in a hospital. All dietitians agreed that referral to a dietitian should be one of the first methods of treating obesity and 80% thought people should be referred before an obesity diagnosis, vs 83% and 50% of physicians, respectively. Dietitians believed that one of the most helpful types of weight management support was visiting a dietitian (selected by 72% vs 46% of physicians vs 18% of PwO), whereas physicians more often believed it was prescription drugs (selected by 58% vs 12% of dietitians). While some PwO who had made a weight loss attempt had discussed visiting a dietitian with an HCP (30%) and thought it was an effective weight management method (21%), only 9% were actively visiting one. Compared with physicians, a greater proportion of dietitians thought behaviour therapy/psychotherapy was an effective weight management method (80% vs 48%), and dietitians recommend this to a greater proportion of PwO (mean: 39% vs 22%). Dietitians also scheduled follow-up appointments to discuss weight with a greater proportion of PwO than physicians (90% vs 54%).

Conclusion: Dietitians in Switzerland are eager to be involved early in the obesity management process. Compared with physicians, they place greater value on visiting a dietitian as a form of weight management support. As such, to improve interdisciplinary collaboration, there is a need to highlight to physicians that dietitians are a valuable resource for weight management.