New overweight and obesity guideline Netherlands

The new overweight and obesity guideline for adults is now available and includes new insights: better determination of the weight-related health risk (GGR); tools for good diagnostics; better treatment outcome measures and more customization in treatment.

Liesbeth van Rossum (chair of the guideline committee and professor of obesity at Erasmus MC): “Obesity is common and has major physical, psychosocial and social consequences. It is a chronic disease, where preventing the development of obesity is of course very important. However, if someone is already obese, treating them properly can reduce or sometimes even eliminate the effects of the disease. That is why it is necessary that optimal diagnosis, support and care is available for anyone who is obese or overweight with a related condition.”

Karen Freijer (general manager of the Netherlands-PON Overweight Partnership) explains: “That's the part where this national overweight and obesity guideline contributes. This revised guideline includes the current state of science plus the input of practical professionals and is therefore a good basis for the further implementation of optimal and appropriate support and care for overweight and obese adults in the Netherlands.”

In recent years, hard work has been done on a revised guideline for diagnosis, support and care for overweight and obese people. The existing guideline and standard of care on this subject needed to be revised. The section of the guideline describing care for children under 18 was already published in September 2022. The second part, which focuses on adults, is now also ready and is publicly available online as of today (July 10).

The development of the revised guideline was initiated and led by the Overweight Netherlands Partnership (for the adult section) and Care for Obesity (for the children's section), in cooperation with many professional and patient organizations and with the support of the Knowledge Institute of the Federation of Medical Specialists. The Ministry of Health, Welfare and Sport (VWS) has funded the revision of the directive under the National Prevention Agreement.

The existing national overarching obesity directive from 2008 and the 2010 national obesity standard of care will be replaced by the new overarching guideline above with the title: “Overweight and Obesity Directive for adults and children”.

This overarching guideline consists of the above guidelines with associated national (basic) models concerning the organization of care.

The format is in module form so that each module can be revised separately if there are important new scientific insights that give rise to this.

This overarching guideline is available via the guideline database as of today (July 10).

When treating both adults and children with obesity (individual prevention), it is very important to use a network approach that is embedded in an integrated approach that also focuses on collective prevention (e.g. a healthy living/district/work and school environment). In a network approach, various organizations and professionals from the healthcare domain and the social domain work together in a local network to provide optimal and well-connected demand-driven support and customized care. A central care coordinator, a task that can be assigned to a professional, ensures coherence in the approach.

ANNEX: Framework text with revised practical recommendations

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Editor's note

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More information about and from the Overweight Partnership Netherlands:

www.partnerschapovergewichtnederland.nl

Integral approach

All materials and documents related specifically to the basic model network approach for overweight and obese adults:

www.aanpakovergewicht.nl

More information about the Vrije Universiteit's Care for Obesity project:

www.vu.nl/C4O

More information about Child to Healthier Weight:

www.kindnaargezondergewicht.nl

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