

Executive Summary Submission

Inquiry: Delivering Quality Care More Efficiently – Draft Recommendation 3: A National Approach to Prevention

This submission advocates for the recognition of Weight Management as a regulated health profession in Australia, supported by the Certificate IV and Diploma of Weight Management (government-accredited qualifications). Establishing this workforce will provide a scalable, evidence-based solution to the obesity crisis and align directly with the Productivity Commission's Draft Recommendation 3.

Key Points

- Obesity affects 2 in 3 adults and 1 in 4 children, costing Australia over \$11.8 billion annually (AIHW, PwC).
- Current workforce gaps leave preventive care under-resourced.
- Weight Management graduates are trained to deliver evidence-based education, behaviour change support, and referral when required.
- Recognition will operationalise the National Obesity Strategy 2022–2032 by creating an accessible, capable workforce.
- This aligns with Draft Recommendation 3 by ensuring sustained investment, equity of access, and independent oversight.

Recommendations

1. Recognise Weight Management as a national health profession underpinned by accredited qualifications.
2. Integrate practitioners into preventive health workforce planning and investment.
3. Fund evidence-based preventive programs delivered by this workforce.
4. Ensure independent oversight through national accreditation and practice standards.

Conclusion

A recognised weight management workforce will strengthen prevention, reduce health inequities, and lessen the economic burden of obesity. We urge the Commission to consider this as a cornerstone of a national approach to prevention.