

Obesity & Prevention: Fast Facts for Policymakers

The Challenge

- 2 in 3 Australian adults and 1 in 4 children are overweight or obese (AIHW, 2023).
- Obesity costs Australia more than \$11.8 billion annually in health care and productivity losses (PwC, 2015).
- Without action, rates of obesity and chronic disease will continue to rise, increasing pressure on the health system.

The Opportunity

- Prevention delivers high return on investment: every \$1 spent on proven public health interventions can save up to \$14 in future costs (VicHealth, 2019).
- Draft Recommendation 3 calls for a new national prevention framework — this is the moment to invest in scalable, accredited workforces.

The Workforce Solution: Weight Management Practitioners

Australia has accredited qualifications ready to deliver a skilled, preventive workforce:

- Certificate IV in Weight Management (CertIV(WeightMgt))
- Diploma of Weight Management (Dip(WeightMgt))

Graduates are authorised to:

- Conduct health screening and education.
- Support sustainable behaviour change.
- Deliver evidence-based meal and lifestyle planning within scope.
- Refer and collaborate with medical and allied health teams.

Why Recognition Matters

- Establishes clear standards and professional accountability.
- Expands access to preventive services in community and workplace settings.
- Aligns with the National Obesity Strategy 2022–2032 by building workforce capability.
- Directly supports Productivity Commission Draft Recommendation 3.

Key Ask

Recognise Weight Management as a regulated health profession underpinned by accredited qualifications, ensuring a scalable workforce to deliver prevention, reduce health inequities, and lower the economic burden of obesity.