

# Workshops in Focus

6<sup>th</sup> **Canadian  
Obesity  
Summit**

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April 23–26  
OTTAWA, ONTARIO



*Behavioural and Biological Determinants > Clinical Management*

**Tuesday, April 23, 2019**  
**08:30 – 12:00**

## **Managing Obesity as a Chronic Condition: The Role of Behaviour Change Counselling**

**Dr. Michael Vallis, Dalhousie University, Halifax, NS**

Current approaches to obesity management in Canada focus on the delivery of a pre-developed program. While there is evidence to support these types of programs, they challenge the dominant model of chronic disease management in two ways. First, by offering a pre-developed, structured program personalizing the intervention to the individual is restricted. This results in a tendency for patients to have to fit the program rather than the program fitting the patient. Second, structured programs require adherence to an external protocol more so than the identification of internal drivers of a person's behaviour. Internal drivers connect to a person's values and offer the potential for sustained change.

This workshop will offer participants the opportunity to develop skill at behaviour change counselling focused not on the program but on the patient and the evidence-based mediators of sustained behaviour change. These mediators are adherence, self-efficacy and intrinsic motivation. Participants will become familiar with how to assess and promote these experiences regardless of the nature of the specific obesity management program offered.

Behaviour change counselling to promote sustained changes in health behaviours involves four specific skills. Participants will have the opportunity to practice skills at: establishing change-based relationships, assessing and promoting readiness to change, implementing effective behaviour modification strategies, and addressing psychosocial issues associated with change. These skills are applicable to obesity interventions based on lifestyle, medication and or surgery.