



# Clinical Practice Guidelines for the Management of Overweight and Obesity for Adults, Adolescents and Children in Australia

Draft Administrative Report  
October 2024



**Australian Government**  
**Department of Health  
and Aged Care**

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## Introduction

This Administrative Report details project governance that supported the review and update of the Clinical Practice Guidelines for the Management of Overweight and Obesity for Adults, Adolescents and Children in Australia. The project was commissioned by the Australian Government Department of Health and Aged Care and taken up by Deakin University's Institute for Physical Activity and Nutrition and Institute for Health Transformation (RFQ Health/21-22/79412).

The review of the Guidelines aligns with the recommendations outlined in the National Obesity Strategy 2022-2032 (1), a 10-year framework for action to prevent, reduce, and treat overweight and obesity prevalence in Australia. The planned implementation strategies within the National Obesity Strategy adopts four principles: to create equity; tackle weight stigma and discrimination; address the wider determinants of health and sustainability; and empower personal responsibility. These same principles have been embedded through the Guideline development process. They also meet the current National Health and Medical Research Council (NHMRC) Standards for Guidelines.

## Governance

The review and update of the Guidelines was led by a Guideline Development Committee co-Chaired by Professor Louise Baur and Professor Clare Collins, and supported by an academic team at Deakin University, in consultation with relevant national and international experts, the NHMRC, and experts from the JBI Adelaide GRADE Centre.

The development and publication of the Guidelines were funded in full (\$2,105,842.67, GST inclusive) by the federal Australian Government Department of Health and Aged Care.

The governance structure included a Guideline Development Committee, a Deakin University Management Committee (including expert academics and a Core Group, comprising two project co-Chairs, an Academic Lead, and a Project Manager), a Project Writing Group, Research Assistants and Research Fellows, two statisticians, library support, and other technical support.

The Guideline Development Committee members (comprising 13 national experts of international standing that included two co-Chairs) were identified through consultation with the Deakin University Management Committee and the Australian Government Department of Health and Aged Care, who identified potential members to cover a range of populations and treatment areas of interest, and to represent views from across all States and Territories of Australia (where possible). A member representing the views of Aboriginal and Torres Strait Islander people, and a consumer representative was also identified. All members were contacted via email to formally invite them to participate, and to provide them with the Guideline Development Committee Terms of Reference (Appendix A). The full list of members was finalised and confirmed in October 2022.

Under the guidance of the Guideline Development Committee, the Deakin University academic team developed the clinical question and scoping reviews, including development of search strategies, conducting systematic and scoping reviews, synthesising evidence, and preparing the Evidence-to-Decision framework to inform the Guideline Development Committee in preparing the recommendations according to the GRADE processes.

A full list of Guideline Development Committee members and Deakin University staff is presented below in Table 1.

The Guidelines were reviewed by independent international obesity Guidelines experts, and through public and expert consultation (see Appendix B for the public consultation distribution list).

Table 1: Governance structure

<b>Name</b>	<b>Affiliation</b>	<b>Area of expertise</b>
<b>Guideline Development Committee</b>		
Professor Louise Baur (Co-Chair)	University of Sydney	Paediatric health
Professor Clare Collins (Co-Chair)	University of Newcastle	Nutrition and dietetics
Professor Wendy Brown	Monash University	Bariatric surgery
Professor Elizabeth Denney-Wilson	University of Sydney	Nursing
Professor Jodie Dodd	Women's and Children's Hospital Adelaide; The University of Adelaide	Obstetrics and maternal foetal medicine
Associate Professor Nathan Johnson	University of Sydney	Exercise and sports science
Dr Blake Lawrence	Curtin University	Weight stigma
Professor Susan Paxton	La Trobe University	Psychology, counselling, and therapy
Professor Elizabeth Rieger	Australian National University	Psychology
Dr Liz Sturgiss	Australian National University; Monash University	General practice medicine
Associate Professor Priya Sumithran	Alfred Health; Monash University	Endocrinologist
Adjunct Professor Nicole Turner	Indigenous Allied Health Australia; University of Canberra	Indigenous health
Mr Andrew Wilson	Weight Issues Network	Consumer/lived experience
<b>Name</b>		
<b>Affiliation</b>		
<b>Deakin University Management Committee</b>		
<i>Core Management Group</i>		
Professor Anna Peeters (Co-Chair)	Institute for Health Transformation	
Professor Jo Salmon (Co-Chair)	Institute for Physical Activity and Nutrition	
Professor Judi Porter (Academic Lead)	Institute for Physical Activity and Nutrition	
Dr Lena Stephens (Project Manager)	Institute for Physical Activity and Nutrition; Institute for Health Transformation	
<i>Committee members</i>		
Professor Steve Allender	Institute for Health Transformation	
Professor Kylie Hesketh	Institute for Physical Activity and Nutrition	
Professor Ralph Maddison	Institute for Physical Activity and Nutrition	
Professor Gary Sacks	Institute for Health Transformation	
Professor Linda Sweet	Institute for Health Transformation	

<b>Deakin University Project Writing Group</b>	
Associate Professor Kristy Bolton	Institute for Physical Activity and Nutrition
Dr Anna Chapman	Institute for Health Transformation
Dr Cadeyrn Gaskin	Institute for Physical Activity and Nutrition
Dr Shaun Mason	Institute for Physical Activity and Nutrition
Dr Vidanka Vasilevski	Institute for Health Transformation
<b>Deakin University Research Assistants</b>	
Ms Eliza Raburn	Institute for Physical Activity and Nutrition
Dr Cecelia Macfarling Meure	Institute for Physical Activity and Nutrition
Ms Taryn Milton	Institute for Physical Activity and Nutrition
Ms Debbie Mabo	Institute for Physical Activity and Nutrition
Ms Julia Avakian	Institute for Physical Activity and Nutrition
Ms Mia Cameron	Institute for Physical Activity and Nutrition
Ms Alexandra Parr	Institute for Physical Activity and Nutrition
Ms Stephanie Renehan	Institute for Physical Activity and Nutrition
Dr Sara Ibrahim	Institute for Physical Activity and Nutrition
<b>Deakin University Statisticians</b>	
Dr Gavin Abbott	Institute for Physical Activity and Nutrition
Dr Patrick Owen	Institute for Physical Activity and Nutrition
<b>Deakin University Research Fellow</b>	
Dr Robert Palmer	Institute for Physical Activity and Nutrition
<b>Deakin University Library Support</b>	
Mr Blair Kelly	Deakin University Library
<b>Other Deakin University Technical Support</b>	
Dr Sachin Wasnik	Deakin University

## Managing Conflicts of Interest

Conflicts of interest were managed in accordance with NHMRC Guidelines for Guidelines Handbook: Identifying and managing conflicts of interest. Prior to involvement in the Guidelines, all Guideline Development Committee members disclosed potential conflicts of interest, and declarations were updated as necessary if any additional conflicts of interest arose throughout the duration of the project. The Conflicts of Interest declaration form template is provided in Appendix C.

The following procedure was followed where a conflict of interest arose in relation to an agenda item being discussed at Guideline Development Committee meetings (face to face, telephone, or videoconference). The Committee determined the action required, considering the following options: the member with the conflict of interest leaving the meeting for the discussion of the relevant agenda item; the member with the conflict of interest abstaining from the discussion of the relevant agenda item; and noting the conflict in the meeting minutes.

Where a conflict of interest arose in relation to a matter requiring review and or/decisions by members of the Guideline Development Committee, the Committee member with the conflict of interest abstained from the review or decision-making process.

A summary of the Guideline Development Committee member declarations of potential Conflicts of Interest is presented in Table 2.

Table 2: Guideline Development Committee members' declaration of conflicts of interest.

Guideline Development Committee member	Conflicts of Interest Declaration
Professor Louise Baur (Co-Chair)	<p>Novo Nordisk: Member, Steering Committee, ACTION Teens Study, 2020-current. Novo Nordisk is the sponsor of the study. My travel and accommodation costs to attend study workshops have been paid.</p> <p>Speaker's fees, Novo Nordisk, 2020-current. All funds are directed to the hospital research cost centre.</p> <p>Lily: Member Tirzepatide IBU Control Weight Management Advisory Board, 2023-current. Honoraria are directed into my hospital research cost centre.</p> <p>World Obesity Federation (WOF): This is an international NGO which has members in &gt;100 countries. Its role is to undertake advocacy, educational, journal publishing and educational activities in the area of obesity.</p> <p>President of WOF (2022-2024; previously President-Elect 2020-2022; Past-President from July 2024-2026). This is an honorary position.</p> <p>WOF is in official relations with WHO and undertakes advocacy with, and for, WHO around WHO's Obesity Action Plan. This includes a focus on both obesity prevention and obesity management. WOF receives funds from Novo Nordisk, Lilly, and other industry partners to support WOF's educational and policy activities, especially in low and middle income countries. I receive no funds myself.</p>
Professor Clare Collins (Co-Chair)	No conflicts to declare.
Professor Wendy Brown	<p>Grants from Johnson and Johnson, Medtronic, GORE, Applied Medical, Novo Nordisk, NHMRC, Myerton, and the Australian Commonwealth Government.</p> <p>Personal fees from GORE, Novo Nordisk, Pfizer and Merck Sharpe and Dohme for lectures and advisory boards.</p>
Professor Elizabeth Denney-Wilson	<p>In 2018, I attended a health professional training event in Bali, sponsored by an infant formula company. I provided a lecture on the associations between infant formula and excess weight gain in infants. The company paid for my flight and accommodation but had no input into my lecture. I have had no contact since.</p>

Professor Jodie Dodd	No conflicts to declare.
Associate Professor Nathan Johnson	Novo Nordisk: I received honoraria for speaking engagements regarding exercise for obesity management 2023.
Dr Blake Lawrence	No conflicts to declare.
Professor Susan Paxton	No conflicts to declare.
Professor Elizabeth Rieger	No conflicts to declare.
Dr Liz Sturgiss	<p>I was awarded competitive grants from the following organisations: RACGP Foundation, NHMRC, Victorian Health Promotion Foundation, National Centre for Healthy Ageing. These grants have been paid to my organisation and not to me directly.</p> <p>I was awarded a non-competitive tender by Diabetes NSW/ACT in 2021 for implementation research on DiRECT-AUS. This tender was paid to my organisation and not directly to me.</p> <p>In 2019, I was paid speakers fees and transport costs by Diabetes NSW/ACT and Diabetes QLD to present to clinicians on weight management.</p>
Associate Professor Priya Sumithran	Grants, NHMRC and MRFF, paid to institution Leadership group, The Obesity Collective, unpaid Council, ANZOS (until 2022), unpaid Data Safety Monitoring Board, not for profit investigator-initiated study, University of Adelaide (until 2021), unpaid Co-authorship of manuscripts on obesity/obesity medications with medical writer provided by Novo Nordisk, Eli Lilly
Adjunct Professor Nicole Turner	No conflicts to declare.
Mr Andrew Wilson	No conflicts to declare.

## Independent Review

As per NHMRC requirements, two independent reviewers reviewed the draft Guidelines using the AGREE II tool prior to submission for NHMRC approval.

## Public Consultation

As per the requirements outlined in Section 14A of the Commonwealth National Health and Medical Research Council Act 1992 (2) and accompanying regulations, the public consultation for these Guidelines involved preparation of draft guidelines to be reviewed by the independent reviewers, targeted experts and interest groups, and the public.

A notice was published that contained a summary of the draft guidelines, stating where copies of the draft Guidelines could be obtained, and inviting interested individuals and organisations to provide submissions relating to the draft via a Qualtrics survey link [Public consultation of overweight and obesity guidelines survey](#), accessible for a minimum of 30 days ([Public consultation of overweight and obesity guidelines | Deakin](#)).

In addition to the public consultation notice, electronic communications were sent to health professionals, health policy and health consumer roles and organisations, advising of the draft Guidelines public consultation period (a list of invitees is provided in Appendix B) and inviting feedback. To further increase awareness of the public consultation, a Deakin media release will occur along with social media posts through Deakin, the Institute for Physical Activity and Nutrition, and the Institute for Health Transformation.

At close of the public consultation period, all individuals and organisations who provided feedback during the public consultation period, and provided contact details, were contacted and thanked for their feedback and advised of the action taken in response. A summary of all feedback received, and responses made, were provided to NHMRC, as detailed in the Technical Report.

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# Appendix A – Guideline Development Committee

## Terms of Reference

The terms of reference detailed in Table A1 below apply to the Guideline Development Committee for the 2022-2024 review and update of the Clinical Practice Guidelines for the Management of Overweight and Obesity for Adults, Adolescents, and Children in Australia.

They define the Committee’s purpose and detail the anticipated working arrangements. Expectations relating to meeting attendance, communication, and standards of behaviour at meetings are defined.

Processes such as meeting schedule and format, management of conflicts of interest, and confidentiality are also detailed.

Table A1: Guideline Development Committee Terms of Reference

Terms	Description
Responsibilities and expectations of group members	<ul style="list-style-type: none"> <li>• Participate respectfully in group discussions</li> <li>• Understand the evidence on which the guideline is based</li> <li>• Understand and adhere to agreed methods of communication and methods of document generation and review</li> <li>• Adhere to your professional code of conduct</li> </ul>
General tasks assigned to members	<ul style="list-style-type: none"> <li>• Read and comment on documents between meetings</li> <li>• Participate in the drafting of recommendations</li> <li>• Comment on the draft guideline prior to publication</li> </ul>
Schedule and format of planned meetings	<ul style="list-style-type: none"> <li>• Meetings will be conducted monthly</li> <li>• Meetings will be conducted via videoconference (up to two meetings will be conducted in person in Melbourne, Victoria)</li> <li>• Meeting agendas and associated materials will be circulated prior to each meeting, and meeting minutes summarising meeting discussion points, decisions, and arising actions, will be distributed after each meeting</li> <li>• Where required, Committee members will need to action tasks assigned during the meeting</li> <li>• The meeting will proceed irrespective of the number of members in attendance, 75% attendance at meetings is required across the duration of the Committee, and it is not possible for members to send a proxy representative if they are unable to attend.</li> <li>• In the event that the Committee Co-Chairs are both unable to attend a meeting, it will either be rescheduled or postponed until the next monthly meeting.</li> </ul>
Conflicts of interest	<ul style="list-style-type: none"> <li>• Disclosure of all relevant interests upon acceptance into the group so that conflicts of interest can be identified and managed</li> <li>• Inform the chair of any new interests at the beginning of each meeting</li> <li>• Where a conflict of interest arises in relation to an agenda item being discussed at Guideline Development Committee meetings (face-to-face, telephone, or videoconference), the Committee member with the conflict of interest will leave the meeting for the entire discussion of the relevant agenda item and return to the Committee meeting when invited by the Co-Chair(s). The minutes of the meeting will record the reason for the Committee member’s absence and time of re-joining the meeting.</li> <li>• Where a conflict of interest arises in relation to a matter requiring review and or/decisions by members of the Guideline Development Committee, the Committee member with the conflict of interest will not participate in the review or decision-making process.</li> </ul>

	<ul style="list-style-type: none"><li>• Any conflicts of interest newly arising after completing this declaration will be raised during the Committee meeting (and recorded in writing in the meeting minutes), and the Committee member will be excluded from meetings as necessary (as above).</li></ul>
Confidentiality of information	<ul style="list-style-type: none"><li>• Members are prohibited from revealing proprietary or confidential information to individuals outside of the group</li><li>• Members are not to use information gained during the development process for purposes other than fulfilment of work within the group</li></ul>

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# Appendix B – Conflict of Interest Declaration Form



Institute for Physical Activity and Nutrition (IPAN) &  
Institute for Health Transformation (IHT), Deakin University

## Conflict of Interest Declaration Form

*The purpose of this form is for members of the Guideline Development Committee (2022-2024 review and update of the Clinical Practice Guidelines for the Management of Overweight and Obesity for Adults, Adolescents, and Children in Australia) to declare any Conflicts of Interest as a member of the Guideline Development Committee.*

### 1. PERSONAL DETAILS

First Name		Surname	
Position Title		Institute/Organisation	

### 2. DETAILS OF THE CONFLICT(S) OF INTEREST (COI)

*A conflict of interest exists when a Committee member allows their financial, professional or personal interest, including any duty owed to another entity, to come into actual, potential or perceived conflict with the staff member or associate's duties to the University. This includes but is not limited to a situation where the staff member, associate, or anyone with a personal relationship with the staff member is in a position to benefit personally, directly or indirectly as a result or conflict.*

*Financial interests may include: a monetary gain such as salary, consultancy payments, speaking fees, panel memberships; funding for travel, accommodation, professional development, hospitality; payments to support research, such as funding from an industry or interests group; company shares or options; royalties; directorships; some scholarships; or operational or infrastructure support.*

*Personal interests may include: immediate family and anyone else who is known to the Committee member by reason or relations of similar status to marriage, sexual relationships, civil partners, business or financial relationships.*

*Please insert a description of the conflict(s) of interest below.*

### 3. PROPOSED COI MANAGEMENT PLAN

Where a conflict of interest arises in relation to an agenda item being discussed at Guideline Development Committee meetings (face to face, telephone or videoconference), the Committee member with the conflict of interest will leave the meeting for the entire discussion of the relevant agenda item and return to the Committee meeting when invited by the Co-Chair(s). The minutes of the meeting will record the reason for the Committee member's absence and time of re-joining the meeting.

Where a conflict of interest arises in relation to a matter requiring review and or/decisions by members of the Guideline Development Committee, the Committee member with the conflict of interest will not participate in the review or decision-making process.

Any conflicts of interest newly arising after completing this declaration will be raised during the Committee meeting (and recorded in writing in the meeting minutes), and the Committee member will be excluded from meetings as necessary (as above).

### 4. GUIDELINE DEVELOPMENT COMMITTEE MEMBER DECLARATION

Please tick the boxes below to indicate you have complied with the following obligations.

I declare that the information contained on this form is true and correct and that I have disclosed all relevant information to the best of my knowledge.

I understand and acknowledge that I am primarily responsible for implementing the management of the COI.

Name	Signature	Date

If you have any queries about conflicts of interest, or how to complete this form, please contact Professor Judi Porter (Email: [judi.porter@deakin.edu.au](mailto:judi.porter@deakin.edu.au); Phone +61 3 924 68625).

Privacy: Deakin University manages personal information in accordance with the Privacy and Data Protection Act 2014. You may gain access to your personal information held by the University. Requests for access are managed under the Freedom of Information Act 1982. To view the University's Information Privacy Policy go to <https://policy.deakin.edu.au/view.current.php?id=00139> > or contact the Privacy Officer at [privacy@deakin.edu.au](mailto:privacy@deakin.edu.au).

## Appendix C – Public consultation distribution list

Prior to public consultation, electronic communication was sent to key contacts representing the relevant Commonwealth and jurisdictional Departments and authorities, as well as key stakeholder organisations and individuals, as identified through the Guideline Development Committee and the Deakin University Management Committee, or through expression of interest (Table C1).

Table C1: Public consultation organisation distribution list

<b>Organisation</b>
Arthritis Australia
Australasian Sleep Association
Australian & New Zealand Metabolic and Obesity Surgery Society (ANZMOSS)
Australian and New Zealand Obesity Society (ANZOS)
Australian Chronic Disease Prevention Alliance
Australian Clinical Psychology Association (ACPA)
Australian College of Nurse Practitioners
Australian College of Nursing
Australian Diabetes Educators Association
Australian Diabetes Society
Australian Eating Disorders Research and Translation Centre
Australian Physiotherapy Association
Australian primary healthcare nurses' association
Butterfly Foundation
Centre for Culture, Ethnicity and Health
Centre of Research Excellence - Health in Preconception and Pregnancy (CRE-HIPP)
Consumer Health Forum
Diabetes Australia
Dietitians Australia
Director General, Chief Executive or Secretary of each State, Territory and Commonwealth Health Department
Disabled People's Organisations Australia (DPO Australia)
EDIT (Eating Disorders In weight-related Therapy) Collaboration
Endocrine Specialist Centre, Ivanhoe
Exercise & Sports Science Australia (ESSA)
Hypertension Australia
Just Kids Health
Maternal, Child & Family Health Nurses Australia (MCFHNA)
Medical Services Advisory Committee (MSAC)
Menzies School of Health Research, Darwin
Metabolism & Obesity Services at Royal Prince Alfred Hospital/Sydney Local Health District
Musculoskeletal Australia
National Aboriginal Community Controlled Health Organisation (NACCHO)
National Association of Clinical Obesity Services (NACOS)
National Eating Disorders Collaboration
National rural health alliance
Nepean Blue Mountains LHD services

NSW Health
Pain Australia
People with Disability Australia
Pharmaceutical Benefits Advisory Committee (PBAC)
Polycystic Ovary Syndrome Association of Australia
Royal Australasian College of Physicians (RACP) – Adult Medicine
Royal Australasian College of Physicians (RACP) – Paediatrics & Child Health
Royal Australasian College of Surgeons (RACS)
Royal Australian College of General Practitioners (RACGP)
Sax Institute
Sleep Health Foundation
The Heart Foundation
The Obesity Collective
Therapeutic Goods Administration (TGA)
University of Sydney, School of Life and Environmental Sciences
Weight Issues Network

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## References

1. Commonwealth of Australia. The National Obesity Strategy 2022–2032. Commonwealth of Australia, 2022.
2. National Health and Medical Research Council. National Health and Medical Research Council Act. Canberra: Commonwealth of Australia, 1992.

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