

# 6 - Understanding as the Core Process of Developing Share-Decision Making (SDM) Tools for Obesity

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## Background:

People living with obesity suffer from multiple health conditions, including diabetes and mental health. Managing obesity is affected by misinformation about its complexity and chronicity, resulting in unrealistic expectations by healthcare providers and patients. Effective obesity management has to be individually tailored for each patient.

Obesity management is challenging due to the medical complexity of patients, the socio-economic factors affecting their health, and the need to understand the connection between all these aspects. Obesity management demands personalized care planning to provide support tailored to the uniqueness of each patient.

## Aim:

This workshop will outline the multidisciplinary approach the 5As Team Program used to improve the efficacy and suitability of the 5As SDM tools through a collaboration between patients, care providers, and researchers.

## Audience:

Clinicians interested in SDM in obesity and other chronic conditions

## Learning objectives and methods for organizing the workshop:

Methods

Introduction

Getting to know each other	Interpersonal interaction	10 min
The challenges of obesity management	Exercise	15 min
Understanding through anthropology	Exercise	15 min
Improving the SDM tool	Group exercise	20 min
Wrapping up	Reflection exercise	20 min