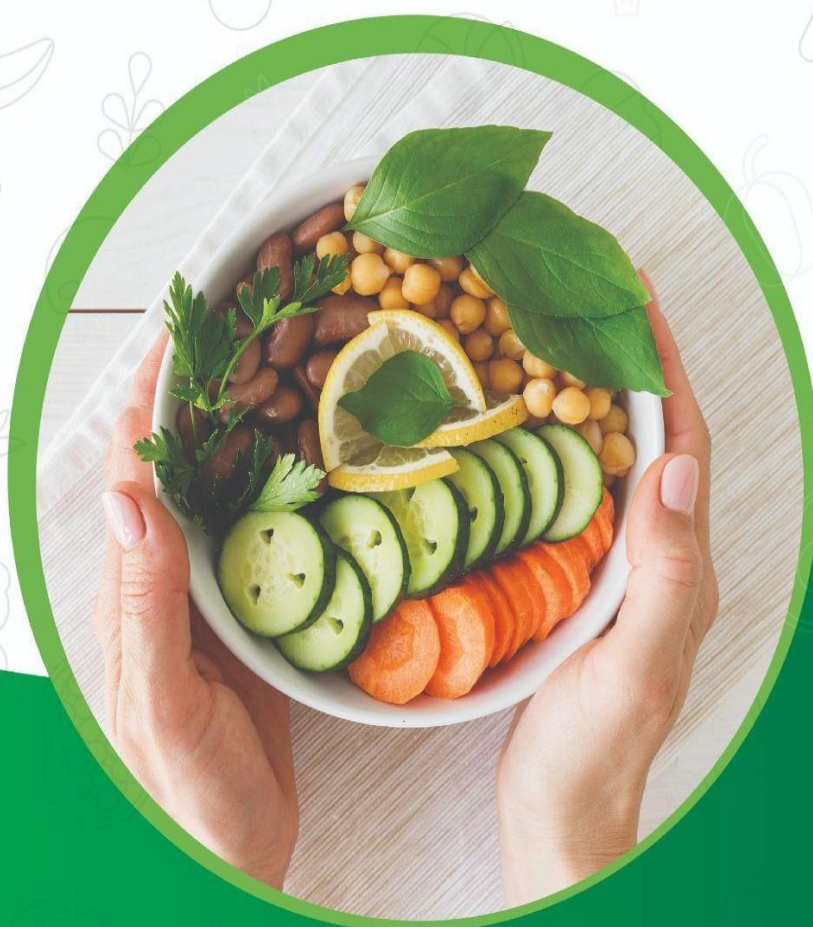




## THE NUTRITION SOCIETY OF SRI LANKA

"Exploring New Horizons and Strengthening the Food Systems  
for Health and Nutritional Well-being"



# PROCEEDINGS

ANNUAL SCIENTIFIC SESSIONS  
OF THE NUTRITION SOCIETY OF SRI LANKA  
2023

**Proceedings of the Annual Scientific Sessions**

*of*

**The Nutrition Society of Sri Lanka**

***‘Exploring New Horizons and Strengthening the Food Systems for  
Health and Nutritional Well-being’***

**21<sup>st</sup> – 22<sup>nd</sup> January 2023**

**at Hotel Mandarina, Colombo 3**

**Editor:** Prof. Ananda Chandrasekara **Editorial**

**Assistance:** Ms. Sinali Weerasekara **Cover**

**Design:** Mr Sampath Kumara Herath

**© The Nutrition Society of Sri Lanka 2023**

## Effectiveness of multidisciplinary approach availability at primary care level for weight reduction-Case study

Y.Shanmuganathan<sup>1\*</sup>, R.P.Saseenthan<sup>1</sup>, V.Sureskumar<sup>1</sup> and S.Kumaran<sup>1</sup>

Weight gain is one of the risk factors for Non-Communicable Diseases (NCDs) which can be managed at primary care level. Multi-disciplinary perception through weight reduction for NCD care is evidently a proven strategy which is not available in Sri Lankan primary care level. The study aimed to assess the effectiveness of multi-disciplinary perception's availability at primary care level for the NCD management through weight reduction. A two-year study period (2020-2022) was agreed with the Family Health Center (FHC), Kondavil. Patients with Body Mass Index (BMI) of  $\geq 30\text{Kg}m^{-2}$  were selected from the NCD register and targeted to reduce 10% of their current weight through a planned behavioral changing model with a team that includes Nutritionist, Nursing Officer, Consultant Family Physician and Medical Laboratory Technician. The intervention package included lifestyle pattern analysis, risk factor identification, blood parameter analysis, individual plans for diet, physical activity, relaxation and medical management. Motivational interview, social marketing and nudging were used as behavioral changing techniques. Seven patients who had  $\text{BMI} \geq 30\text{Kg}m^{-2}$  (~6%) participated in a weight reduction plan from registered patients for NCD clinic follow-up. During the study period, 86% of the target was achieved along with the observations of controlling blood pressure, fasting blood sugar and total cholesterol levels. The study can be concluded that using multi-disciplinary perception at primary care level is an effective strategy to manage NCDs through weight reduction. Also, the primary care level facilitated the success of study through patient-oriented management plan and routine clinic follow ups.

**Keywords:** *Multi-disciplinary perception, Non-Communicable Diseases, Primary care and Weight reduction*

---

<sup>1</sup>Family Health Center, Kondavil- Department of Community and Family Medicine, Faculty of Medicine, University of Jaffna

