Active weight loss
Information and support

Obesity is a chronic condition and as such is best managed in the community. It has been a long standing policy of the dietetics department at the RAH to recommend that patients seek dietetic support outside of the general dietetic outpatient clinic. Options for community assistance with active weight loss programs are listed below.

Healthy eating and lifestyle program (HELP)
Evaluation of the HELP has demonstrated its usefulness. It is now available at community health centres. For further information contact Enfield Community Health Centre, Tel. (08) 8342 8600.

Community dietitian services:
> Enfield CHC
  Shop 5/221
  Main North Road
  Sefton Park 5083
  Tel. 8342 8600

> Port Adelaide CHC
  Church Street
  Port Adelaide 5015
  Tel. 8240 9611

> Parks PHC Centre
  Trafford Street
  Angle Park 5010
  Tel. 8243 5611

> Playford CHC
  50 Peachey Road
  Davoren Park 5113
  Tel. 8252 9900

> Inner Southern CHC
  1140a South Road
  Clovelly Park 5042
  Tel. 8277 2488

> Noarlunga Health Village
  Alexander Kelly Drive
  Noarlunga Centre 5268
  Tel. 8384 9266

Private dietitian services
Patients may be eligible for a Medicare GP management plan and team care arrangements or an enhanced primary care plan. Accredited practicing dietitians are listed on the DAA website. Privately practicing dietitians are also listed in the Yellow Pages.

‘Do it for Life’ program
Patients without significant co-morbidities who meet a number of other criteria, can access the ‘Do it for Life’ program located on the SA Health website.

Obesity clinic (RAH)
A multidisciplinary team is available at the obesity clinic at the Royal Adelaide Hospital for the management of patients with complex obesity-related health problems. Referrals need to be made by the GP under the enhanced primary care program for chronic disease management. An active GP management plan (GPMP – Medicare item number 721) and a team care arrangement (TCA – Medicare Item number 723) are requirements.

For more information
Email: RAHspine@health.sa.gov.au
Web: www.sahealth.sa.gov.au/lowbackpain
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