

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. A range of community resources and patient advice can be found at the websites below.

Weight loss SA Health

Healthy weight advice, benefits and resource links.

<https://www.sahealth.sa.gov.au/wps/wcm/connect/Public+Content/SA+Health+Internet/Healthy+Living/Healthy+Weight/Healthy+Weight>

Get Healthy

Free SA Health service providing the expertise and motivation to help you reach your health goals.

<https://www.gethealthy.sa.gov.au/>

Healthy Living SA Health

Resource links to a healthier life.

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/healthy+living/healthy+living>

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.

For more information

Web: www.sahealth.sa.gov.au/lowbackpain

Document updated: September 2021



<http://www.gilf.gov.au/>



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