



**INFORMATION FOR
HEALTHCARE
PROFESSIONALS**

“ If you do not
change direction,
you will end up
where you are
heading **”**

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**META
GROUP
FOR
YOUNGER
WOMEN**

Bankstown Diabetes Centre

Do you see young women with a history of yoyo dieting?

They may have PCOS, be planning pregnancy, have diabetes or insulin resistance, obesity, or other endocrine conditions.

They may be at risk of further weight gain.

Could they benefit from help with lifestyle change?

In the META group, young women will have expert help from a clinical psychologist and dietitian in navigating the barriers to change.

They will learn about weight stigma, sustainable lifestyle change, goal setting, relapse prevention.

They will learn the benefits of self-kindness and focus on total wellbeing in maintaining changes.

They will learn how to channel their mental effort to produce the best results.

META participants will benefit from powerful group processes: reduced isolation, group problem solving, learning from peers with lived experience

META Group

It is now clear that advice to people with obesity to “eat less and move more” is unhelpful if health barriers are not simultaneously addressed.

EVIDENCE BASED TREATMENT

The META group is informed by evidence-based cognitive-behavioural weight-loss programmes, and is designed to provide women with basic behaviour change strategies. The aim is to learn skills to change health habits in a sustainable way, and to cope with setbacks.

TOPICS INCLUDE:

- Realistic and sustainable goal setting;
- Diverse contributors to obesity;
- Understanding triggers to eating (and hunger);
- Basic nutrition information;
- Shopping and meal planning;
- The role of physical activity;
- Relapse prevention

There is a focus on weekly goal setting and review of these goals. This includes problem-solving of issues that arise.
