Charles Perkins Centre partners with new Nepean Family Obesity Service

On 24 April 2017, the Nepean Family Obesity Service was officially launched by NSW Health Minister Brad Hazzard. The Nepean Blue Mountains Local Health District (NBMLHD) has partnered with the Nepean Blue Mountains Primary Health Network and the University of Sydney’s Charles Perkins Centre Nepean to provide the Service. Throughout 2016, Prof Ralph Nanan, Director CPC Nepean, and Prof Stephen Simpson, Academic Director, Charles Perkins Centre, were heavily involved in working together with the NBMLHD to develop the research and education component of the successful application for NSW Health Enhancement Funding. The goal of the Nepean Family Obesity Service is not to merely target obesity in individual patients but to engage in a family-orientated holistic approach, drawing on the expertise of a multi-disciplinary team including doctors, dietitians, psychologists, physiotherapists, nurses and midwives. The Nepean Family Obesity Service will be embedded within a rich research and educational environment provided through the CPC Nepean to facilitate their shared mission to ease the burden of obesity and related conditions in Greater Western Sydney and beyond. CPC Nepean is already supporting the Service by fostering the development of new research collaborations and devising and hosting a series of think tanks. These think tanks are designed to bring together the brightest minds from across a variety of disciplines (for example psychology, exercise, diet, information technology, bio-banking, oral health and the microbiome) to discover how each area of expertise can be channelled to produce the best evidence-based clinical practice and research for the Service, and ultimately the best care and health outcomes possible for patients and their families.