



## **Situational analysis of the obesity counseling program in Iran**

**Author:** Dr. Hamidreza Farrokh-Eslamlou

**Address:** Urmia University of Medical Sciences

hamidfarrokh@gmail.com

**Introduction:** Counseling has been introduced as a key element in quality of care and an important part of obesity related health care. The main purpose of this situational analysis is to determine the strengths, weaknesses, opportunities and threats (SWOT) of obesity counseling in the health care systems of Iran .

**Methods:** A comprehensive literature review, supplemented by extensive stakeholders' consultations in various health and relevant non health sectors was used in this situational analysis study in 2014.

**Results:** Enjoyment of strong and well organized health care system, especially in rural areas was the main strength of obesity counseling. Lack of a more comprehensive obesity prevention and control counseling approach to account people's health requirements was the major weakness. Increasing trend of community leaders, who are subsequently addressing issues such as prevention, stigmatization and discrimination at the local and grass-root levels in Iran was an opportunity and lack of cooperation between the public and non-public sectors in obesity counseling was a treat.

**Conclusions:** It seems that to facilitate high risk population access to obesity counseling under contract with health care and referral system in all levels is necessary.