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Who is fighting in obesity treatment? Patients or health professionals?

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Background: Recent studies indicate that general practitioners and specialty groups of health professionals related to the management of obesity have inconsistent practices and negative beliefs and attitudes toward obese.

Method: Semi-structured interviews about beliefs, attitudes and practices about obesity have been done to Portuguese general practitioners and nutritionists. Data is being analyzed according to Grounded Analysis' procedures.

Expected results: Finding similarities and differences between these groups and understand what impact they have in the management of obesity.

Current stage of work: Analysis are being made. Both groups have negative conceptions and attitudes toward obese which make them have lower outcomes expectations. A constant struggle is used by nutritionists to describe the relation with obese and with general practitioners who seem to fail in the detection of priority cases.

Discussion: Exploring this issue is important to improve strategies and communication between different groups of doctors engaged in the treatment of obesity.