

The Ontario Bariatric Program was created when the Ministry of Health and Long-Term Care recognized the need to respond to the growing rates of obesity.

The Bariatric Medical Program provides comprehensive medical care led by an interdisciplinary team. The focus of this program is the non-surgical treatment of obesity and obesity-related health conditions, safe weight management, and healthy lifestyle changes.

### The Medical Programs:

#### The Lifestyle Program

Patients attend bi-weekly classes focused on changing eating behaviors and developing alternative lifestyles that promote healthy eating, physical activity and healthy living.

#### The Meal Replacement Program

Patients receive a low calorie meal replacement plan in addition to weekly behavioral modification, education classes and medical visits. Please note that meal replacement is only available as prescribed during the active phases of the program. Program placement is determined by the medical program team during assessment.

### The Medical Program Phases:

#### ACTIVE PHASE:

0-6 months  
Active treatment in one of the three programs

#### MAINTENANCE PHASE:

6-12 months  
Patients are offered monthly support groups to help with maintaining weight loss. A one year follow-up visit is required

#### CONSOLIDATION PHASE:

1-2 years  
During this time patients are encouraged to work with family physicians and community resources to maintain or achieve weight loss goals. A two year follow-up visit is required.

### What is expected of me?

Patients are expected to commit to the full two years of the program. Attendance is mandatory unless there are exceptional circumstances. Should you be allocated to a meal replacement program, you will be responsible for the cost of the meal replacement drinks.

Patients cannot repeat the Medical Program as funding is limited to once per patient.

Patients cannot be referred for surgery until the active and maintenance phase of treatment is completed (twelve months after program start).

### The Bariatric Registry

All bariatric program patients will be asked to participate in the Bariatric Registry. The registry is a database of outcomes, to assess the effectiveness of the bariatric program, and provide evidence for areas of improvement for future patients. All data is de-identified (not linked to your personal information, name, address etc.) and will not be collected without your consent.

Patients are asked to complete a few brief questionnaires at program start, completion and follow-up visits.

Your participation is voluntary.