

BRIEF Weight Management INTERVENTION CHART - 09

ASK How do you feel about your weight /waist measurement? Is it at a healthy level?

ASSIST them to eat well and become more active by providing appropriate response

Four ingredients for a weight-loss programme that works;
 Eating right Changing behaviour (habits)
 Being active Getting support

Use alongside the Department of Health booklets 'Why Weight Matters' and 'Your Weight Your Health' tel 08701 555 455 www.dh.gov.uk/publications

ASK	STAGE	ASSIST
<i>How do you feel about your weight/waist line measurements?</i>	<i>Stage a client is at in the process of wanting to change their weight</i>	<i>Appropriate response, information and level of support Listen, Reflect, Clarify and listen again. The client is the expert about themselves</i>
"That can't be right. Anyway, it's never really bothered me and I've always been on the big side."	Not interested in becoming more active or changing eating habits	<ul style="list-style-type: none"> Highlight the benefits of being a Healthy Weight. Relate to the leaflet 'Why Weight Matters' Inform them that support is available if they want to lose weight in the future through specialised service or signposting.
I've noticed that my clothes were feeling a bit tight lately. I really ought to tackling it, but I've always found it so difficult."	Thinking about becoming more active and changing eating habits	<ul style="list-style-type: none"> Reinforce the benefits of being a healthy weight and stress that they need to be ready to change eating habits and physical activity levels Relate to the booklet 'Why Weight Matters' Highlight 'tips' Discuss support options available e.g. Do it alone, R Plan or Shape Up group Keep a food diary- 'Your Weight Your Health' Booklet pg21
"Yes, we've agreed within the family that we're all going to have a serious attempt, at eating more healthily and getting more exercise "	Preparing to change or planning to become a healthier weight	<ul style="list-style-type: none"> Work through 'motivation screening 'tool – reflect on 'importance' and 'confidence' Listen and allow for reflection on past experience and build on this Discuss the local opportunities available; eg Do it alone, R Plan or Shape Up group Support with Action Planning – S.M.A.R.T (Specific, Measurable, Achievable, Realistic, Timed) - 'Your Weight Your Health' Booklet pg23
I've lost weight in the last six months	Making changes / staying stopped	<ul style="list-style-type: none"> Listen, reflect on successes and lessons learned. Praise and encourage- pg22 Give information about other opportunities-'Your Weight Your Health' Booklet pg 21
I have been managing my weight for over six months	Maintaining change / staying stopped	<ul style="list-style-type: none"> Congratulate client. Reflect on lessons learned. How will you maintain these lifestyle changes? Reinforce benefits and importance of maintaining a healthy weight and encourage client to verbally personalise these. -'Your Weight Your Health' Booklet pg 25
"I'm really pleased but the trouble is I'm struggling a bit now. It's getting boring and I keep thinking about all the nice things I miss."	Relapse	<ul style="list-style-type: none"> Reassure client that relapse is a normal part of the process – pg22 Reflect on triggers leading to relapse and review Action Plan identifying coping strategies to take account of these triggers. Also build on past successes. Cognitively replace negative thoughts with positive ones www.weightconcern.org.uk Highlight support available for the next attempt to attain a healthy weight including Health Promotion Service web site. www.healthpromcornwall.org