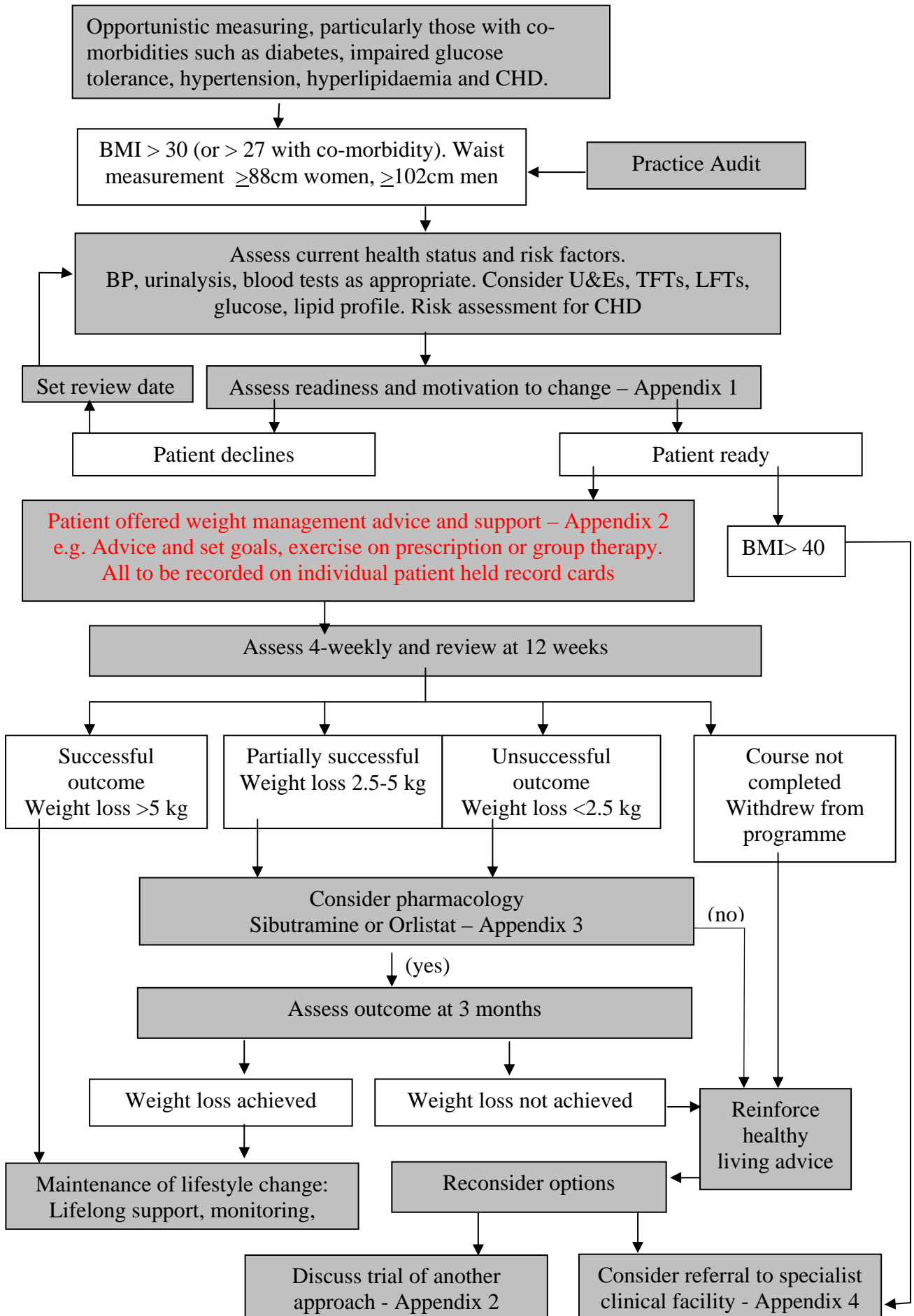


## Cornwall Weight Management Guidelines for adults 18 yrs and over



## **WEIGHT MANAGEMENT ADVICE AND SERVICES**

**First line treatment is a supported weight loss programme.**

**Combining a weight loss programme with increased physical activity has been shown to be more effective than a calorie controlled diet alone. Consider what type of advice is most appropriate for the individual. The options available locally are:**

- Referral to a practice nurse if the surgery has the capacity, resources and staff to undertake weight loss programmes. It is important that patients are supported regularly and weight loss recorded \*. They can also be recommended to participate in the physical activities listed below.
- Referral to a hospital dietitian if the patient has medically compromised factors.
- Give general advice to lose weight, aim for a 500 daily calories deficit, recommend the use of a food diary and give the patient the DH booklet "Your weight, your health" or the BHF booklet "So you want to lose weight...for good"
- Completion of individual patient Activity Chart.
- Advocate use of a pedometer to measure distance walked in a day. These are available free or at a reduced cost from many sources. The PCT has an allocation from DH and the countryside agency (contact the health Promotion Service for details on 01209 313419).
- Recommend swimming, gym and a range of classes.
- Referral into a physical activity programme for sedentary adults and individuals with CHD.
- Recommend attendance at a nationally recognised commercial slimming group, such as Weight Watchers or Slimming World. For more information on local clubs, venues and times contact these or similar agencies, or visit their websites where all local classes are listed. Note that only agencies with accredited programme leaders or facilitators should be recommended (NICE 2005). **In Neighbourhood Renewal Fund areas in West Cornwall a pilot project is being funded during 2007/08, coordinated through the Health Promotion Service (tel 01029 313419).**
- Use NHS Health trainers. These are being employed in localities to signpost people to groups, organisations and programmes which offer support in following a healthier lifestyle. They will be working closely with many agencies, including General Practice, and be aware of local services and schemes.
- Use of council run and private fitness centres who offer tailored programmes and weight loss support. Many council run centres are offering weight loss support: a list of those in your area will be available from the NHS Health Trainers.

NOTE: Some clients, e.g. ethnic minorities, those with significant co-morbidities, the housebound, will be less likely to benefit from the offer of group sessions and will often need an individual approach.

## CURRENT GOOD PRACTICE

**Taken from:** NICE Guidelines,  
Lightening the Load  
Social Marketing  
Forsight Report

### The Three Es Model for Lifestyle Change

**Encouragement** –simple methods of encouragement to support individuals to change lifestyle eg eat more fruit and veg or take more exercise

**Empowerment** helping the individual with life skills eg shopping skills, cooking skills or anything that might build confidence/self esteem

**Environment** - the bigger picture to help on going lifestyle change

### **'NICE' General Guidelines**

- Not just advice but a negotiated action plan that **they** make
- Advice should be tailored to address potential barriers (such as cost, personal taste, availability and the view of the family and community members)
- Offer tailored advice based on individual preference and need
- Small everyday changes can make a real difference build on them
- Check weight now and again as you make the every day lifestyle changes or keep track of the fit of your clothes
- Adults can use a weight loss programme (commercial, self help group, book or web site)
- Provide on going support – by telephone, post or internet

### **'NICE' guidelines to supporting Behaviour changes**

#### **Behavioural**

##### **Avoid**

Victim blaming  
Stigmatisation  
Negative body image  
What's wrong with me?

##### **Encourage**

Stimulus control  
Self monitoring  
Goal setting  
Rewards  
Problem solving

**“A sensitive, empathic,  
non-judgemental approach  
should underpin all obesity  
related intervention”**

## **Manage your Weight by Eating Healthily**

- Base your meals on starchy foods such as potatoes ,bread, rice and pasta choosing whole grain where possible
- Eat plenty of fibre rich foods such as oats, beans, peas, lentils, grains, seeds, fruit and vegetables as well as wholegrain bread, brown rice and pasta
- Eat at least 5 portions of a variety of fruit and veg a day in place of foods higher in a fat and calories
- Choose low fat foods
- Avoid foods containing a lot of fat and sugar such as fried food, sweetened drinks, sweets and chocolate Some takeaways and fast foods contain a lot of fat and sugar
- Eat breakfast
- Watch portion sizes of meals and snacks and how often you are eating them
- Avoid taking in too many calories in the form of alcohol

### **Dietary advice should be**

- individualised and based on food likes and dislikes
- age appropriate
- aim to reduce total energy intake to their energy output
- aim to produce sustainable changes
- restrictive diets are not effective in the long term and can be harmful
- based on the balance of Good Health Guidelines / Eatwell Plate and the eight tips of Eat Well

## **Manage Your Weight by being Physically Active**

- Everyday small changes help
- Try walking to the shops
- Avoid sitting too long in front of the television
- All adults should try to do at least 30 mins physical activity on 5 or more days a week but many may have to do 60 or 90 mins a day to maintain weight loss

### **Physical Activity advice should**

- Take individuals current physical fitness and ability into account
- Be based on what you enjoy
- Be worth it even if you do not lose weight

## **Manage Your Weight by Changing Behaviour**

- Avoid situations where you know you will be tempted to overeat
- Eat more slowly
- Be confident so that others don't persuade you to give up on new plans
- Change the way you think about food and being active
- Think of ways to stop you putting weight back on and what to do if it happens

# Healthy Weight

## Assessment Check Monitor the following

1. **Raising the issue**  
See intervention pathway for possible questions you can ask
2. **The pattern of weight change by using BMI and /or waist circumference**  
Assess adult's view of diagnosis and why they have gained weight.
3. **Physical Activity levels past and current.**  
Explore TV viewing/games  
How do you feel about physical activity?  
Are you aware of benefits and links to healthy weight?
4. **Eating and drinking patterns,**  
Particularly check sugary drinks such as squashes and carbonated drinks  
Explore likes, dislikes, beliefs, myths. Remember cultural influences
5. **Psychological and /or emotional factors that might be driving current behaviour.**  
Such factors can lead to or result from obesity, such as low self esteem, bullying, depression, bereavement, abuse, unhealthy relationships
6. **Explore social history,** (including alcohol and smoking)
7. **Explore family medical history and Genetic information**  
eg diabetes, coronary heart disease
8. **Medical cause of obesity,** can include hypothyroidism ,  
Cushings disease (See Box 1)
9. **Physical Co-morbidities** (See Box 2)
10. **Environmental information,** such as who within the family might be  
supportive or obstructive in weight control

**If it is obvious that changes have to be made then explore the intervention pathway .....**

## Box 1

### **Rare causes of Obesity:**

- Endocrine problems (usually signalled by short stature or faltering growth) including:
  - hypothyroidism
  - Cushing's syndrome
- Chromosomal disorders such as Prada-Willi syndrome
- Acanthosis nigricans – a velvety pigmented rash on neck and axilla and sometimes knuckles which is a sign of insulin resistance

## Box 2

### **Co-morbidities:**

- CHD
- Benign intracranial hypertension
- Diabetes
- Osteoarthritis
- Gall stones
- Polycystic ovary syndrome
- Sleep apnoea
- Hip and knee problems
- Back and joint problems
- Depression
- Non-alcoholic steato-hepatitis

## Intervention Pathway Small Change BIG DIFFERENCE Change Challenge Steps

Page References made to “Your Weight Your Health Booklet” NHS  
SHAPE UP Guide to managing your weight Tools can be used to support the  
interventions [www.weightconcern.org.uk](http://www.weightconcern.org.uk)

### Raising the Issue : If BMI is over 25

- Many people are unaware of their weight  
“We have your weight and height measurements here. We can look at whether you are overweight. Can we have a chat about this?”  
Pg 5 Shows how to measure waist BMI at the back of the booklet
- Explore how they feel about their weight  
Help them to understand that there are successful solutions  
Increase awareness of the risks that are associated with carrying excess weight pg 4

### 1. Where are you now?

**Assessment** see check list.

If needs to make some changes assess if they are **ready** to make the changes

### 2. Get ready to change

- What is it in their behaviour that places them at risk? Dealt with in assessment
  - What drives their current Behaviour? Dealt with in assessment
  - What might act as a barrier to change?
  - How might they be motivated to change?
  - Who/what might be able to influence them?
- Explore importance, confidence and skills.

### 3. Get a Grip

- ‘Regularising’ eating habits pg 14

**Task:** Fridge search. Replace empty nutrient foods with something else that you like

- ‘Get moving’

Importance of physical activity pg 16

Overcoming Blocks and Barriers

**Task:** Be less sedentary

Keeping a diary

### 4. Small change BIG difference Action planning and SMART goals- documented goals pg 23

- ‘Eat Well’ - Balance Up

BOGH guide

Shop Well – labels and budgeting

Portion sizes – recognise what normal is

Diary keep changes

- **Get Moving - Make a difference** pg 16

Walk well – use Stepometer to aim for 10,000 steps a day

New skills and experiences – mentor through this

Diary keep changes

### 5. Lapsing ‘Change challenges’ Get in control

Motivating rewards for any successes

- Dealing with triggers – ‘cue spotting’
- Change cognitive behaviour by replacing unhelpful thoughts with helpful ones  
see Shape Up pg117
- New Plans

### 6. ‘Congratulations and rewards - Maintain changes pg 21

On going plan and support

Celebrate successes and look to the future eg Influencing the family pg 28

**Small change BIG DIFFERENCE**  
**Change Challenge Steps**

The first part takes you through the attitude changing part on the P and D behaviour change wheel and gives suggestions for some motivational interviewing interaction

<b>Change Challenge Steps</b>	<b>'Ping' questions/interactions, that could shift motivation of adult to take responsibility to make changes</b>
<p><b><u>When to initiate a discussion about weight – RAISING THE ISSUE</u></b></p> <ul style="list-style-type: none"> <li>• If the adult expresses concern about their weight</li> <li>• If the adult is visibly overweight</li> </ul> <p>Be sensitive as adult may be unaware that they are overweight Use term overweight rather than obese.</p>	<p>“How do you feel at the moment?” “You have gained weight since the last time we met. Is this something we could talk about?” “Are you concerned about your weight?” “Is your weight affecting your life in any way at the moment?” “Are you aware of the health risks of being overweight?” “Do you know that it could help your blood pressure if you lose weight”</p>
<p><b><u>1.WHERE ARE U NOW?</u></b> <b>Assessment check</b></p> <ul style="list-style-type: none"> <li>• Keep the door open if not interested in making changes</li> <li>• If want to try to make changes continue with 2-5</li> </ul>	<p>“You’re saying you don’t like being overweight but you are happy to.....” (point out discrepancies to person) “It seems .... Are there any questions you want to ask? “You might find this booklet useful “Why Weight matters” NHS “Do contact me again when the time is right for you to make some changes”</p>
<p>-</p>	<p>“How important is losing weight to you at the moment?” “In what ways do you think being less big would help you?” “What would you look forward to if you were less big?” “What would have to change in your life for you to be able to tackle your weight?” “How do you feel about making some changes to what you eat and becoming more active?” “Where would it get you if you made some changes to what you eat and were more active?” “How do you think you would you feel if you successfully made changes?”</p>

	<p>“Have you tried to make changes before?”</p> <p>“Do you believe you could lose weight?”</p> <p>“What happened?”</p> <p>“What did you learn from the successes and failures?”</p> <p>“What would help you make some changes to your situation?”</p> <p>“How confident are you can stick to your plans?”</p> <p><b>“What kind of support would you like to lose weight?”</b></p>
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### **3. GET A GRIP**

- Self monitor using simple diary
- Go over using a diary effectively

#### **Eat Well**

- **Regularise** your eating pattern. Breakfast is a good start.
- What snacks do you need?
- Look at your food cupboard and fridge and gradually change one, not so healthy thing, for a healthier version - ‘friendly foods’. One aim should be replacing fizzy drinks with diluted fruit juice/water or something that you like.

#### **Replace nutrient empty foods with something nutritious**

#### **Get Moving**

- Explore the benefits of being active
  - What are your blocks?
  - Try to be active for 10 mins slots in the day
- Can you replace some sedentary time** watching television / using the computer, with an activity eg. Advert jogging?

### **4. Small change / BIG DIFFERENCE**

Try changing the way that you think about food and being active as well as what you do.

**Eating:** Ref ‘Eat Well Tips’ ‘Balance of Good Health Guide’

- **Variety and Balance:**  
Explore the messages portrayed by the Balance of Good Health Guide /eat Well plate – no bad foods, just Variety and Balance.  
How does this relate to what you eat re. variety and proportion of each food group to each other? What small change can you make and then build on?
- **Shop well:**  
Do not encourage calorie counting but use food labelling to choose lower fat and sugar foods when shopping. Traffic light system
- **Realistic amounts:**  
Once got balance under control look at portion sizes to reduce calorie intake

- **Cook well:**

Provide recipe ideas which look at healthier ways of preparing and cooking foods that adult likes

- **Change Challenge: Identify personal specific SMART goals.**

Identify how you could eat more healthily based on your own likes and dislikes and how easy it is for to control what you eat / buy food and prepare it.

Example:

Vague Goal	Specific Goal
I will eat more fruit and less biscuits	I will eat a banana for instead of a biscuit at coffee time 3 days a week

### Get Moving

- **Daily life activity**

Identify how you can fit being active into your daily life based on what you like doing and how easy it is to do it.

- **Family involvement**

Can the family do anything together? Is there anything new they could take up?

**Change Challenge: Identify personal specific SMART goals**

Explore what the adult likes and what is locally available and affordable. What might develop new skills?

Work on one small change and then build on it.

Example:

Vague Goal	Specific Goal
I will walk more	I will not drive my children to school but walk on a Tuesday and Thursday

**Document the discussion and give a copy of the agreed goals and actions to the adult**

### Useful tips

- **Think of some tips to help you;**

eg Eat more slowly Avoid using food as a comfort or reward /treat.

**Be confident** so that other people don't persuade you to give up

### 5. LAPSING

- **Cue spotting**

Suggest reducing the cues that trigger unwanted behaviour e.g. don't walk past the fish and chip shop when you are feeling hungry, don't have crisps in the cupboard, buy some fruit in store to have in case check out tantrum forces the buying of sweets

- **Change unhelpful thoughts** into helpful thoughts see Shape Up pg 117

Praise success however small

### 6. CELEBRATION AND REWARDS

- Voicing how it feels.

- Sharing new skills – peer involvement

- Explore new challenges

- Plan for the future – signpost to new activities or support (buddying)

## RESOURCES TO SUPPORT PACK

### **Department of Health 08701 555 455**

Your Weight ,your health series

- Care Pathway for the management of overweight and obesity pack  
Ref 274543/44/42/39/40
- Why Weight matters
- Your Weight Your Health How to Take Control of Your Weight

### **Health Promotion Department**

Eatwell - Your Guide to healthy eating

Eat well plate

Pack a healthier Lunch Box

Physical Activity and weight loss

Food Labels – more informed choices

Food – using traffic lights to make healthier choices

So you want to lose weight .....for good