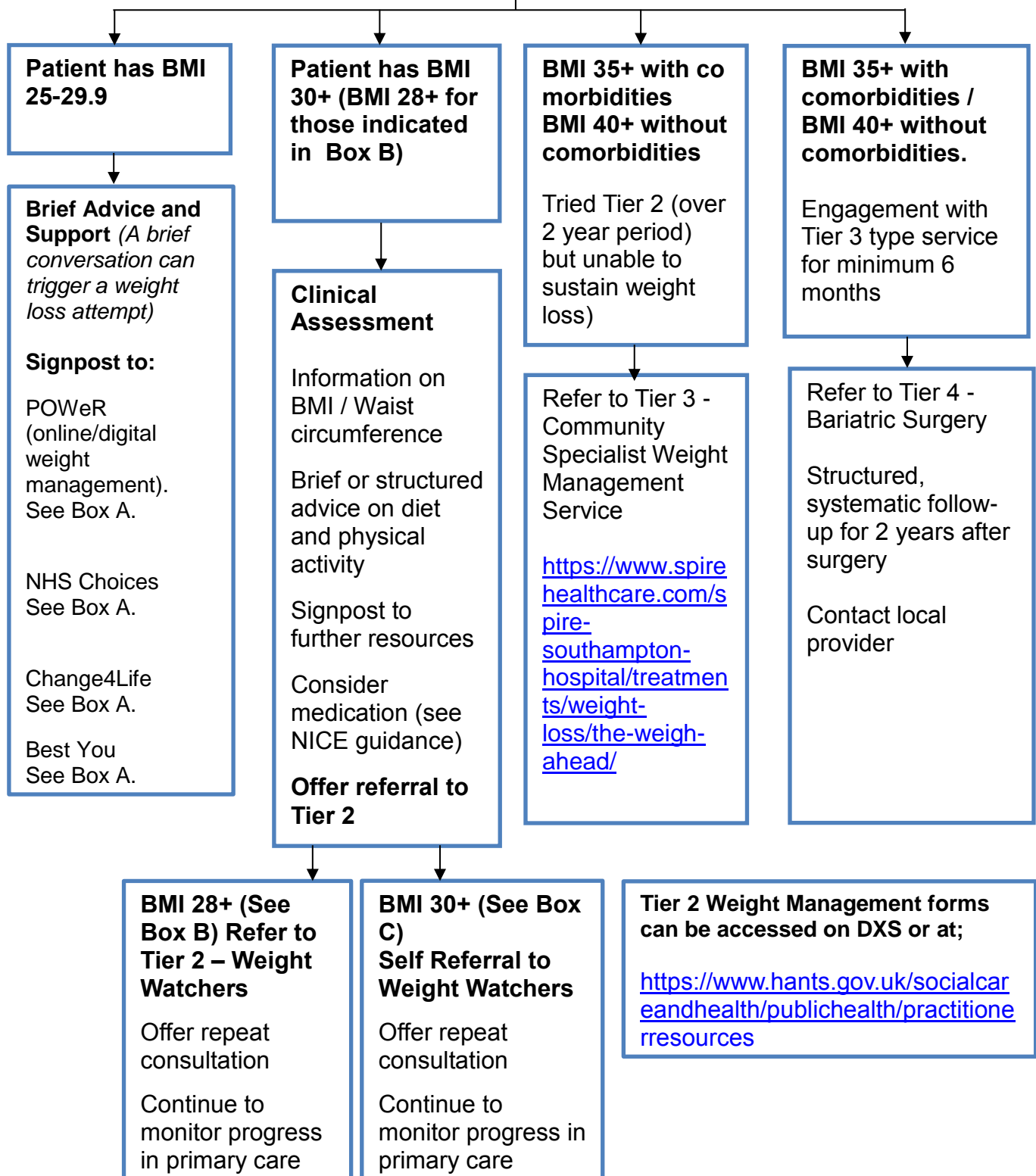


## Weight management services for Hampshire residents - Primary care pathway 2018

GPs and other primary care staff are ideally placed to support long term weight management

Patient aged 18 years+ attends primary care

\*for those aged 16-17 years please see Box D overleaf



**Box A: Supporting self-help via brief intervention**

(for free brief intervention training, please contact sarah.taylor@hants.gov.uk)



**Hampshire**  
County Council

POWeR – (Evidence-based, digital) **Positive Online Weight Reduction** <https://powerhants.lifeguidehealth.org>;

Aged 18 year or over, Identified as overweight (BMI  $\geq 25$ ), resident in the administrative county of Hampshire (this excludes those living in Southampton/Portsmouth)

NHS Choices <https://www.nhs.uk/livewell/loseweight/Pages/Loseweighthome.aspx>

Change4Life (Tools, Recipes and tips for the whole family) <https://www.nhs.uk/change4life-beta/#wsH1c5CQFJ0dbo4Q.97>

Best You (Digital self-support for healthy lifestyles) To be launched in 2018

**Box B: Adult Referrals to Weight Watchers (Tier 2) all with a BMI of 30+ /BMI 28+ for certain groups**

- Aged 18 year or over
- Identified as obese (BMI  $\geq 30$  or  $\geq 28$  for BME groups)
- Identified as overweight with a BMI  $\geq 28$  AND with a co-morbidity that is adversely affected by their weight. E.g. Hypertension, musculoskeletal, CVD risk, asthma, high blood glucose.
- Not have a known eating disorder
- Not be pregnant (there is a separate service for pregnant women – referral form on the link below)
- Resident in the administrative county of Hampshire or registered with a Hampshire GP (excluding Southampton/Portsmouth)

Have **not** previously attended self-funded sessions (with a multi-component weight management provider) in the 3 months prior to referral

**To refer:** Provide the patient with a referral form populated with practice J-code. The patient will then call Weight Watchers to access the service (digital and/or group support). Forms are available from; <https://www.hants.gov.uk/socialcareandhealth/publichealth/practitionerresources#step-1>

**Box C: Self referral to Weight Watchers BMI 30+**

- Aged 18 year or over
- Be identified as obese (BMI  $\geq 30$ )
- Resident in the administrative county of Hampshire (excluding Southampton/Portsmouth residents)

<https://www.weightwatchers.com/uk/hampshire>

Patients to phone 0345 602 7068 quoting WWRS095

**Box D: Referrals for those aged 16-17 years**

- Eligibility is based on GP recommendation, eg if patient is at 95<sup>th</sup> centile or above for age + gender
- Parent/guardian must attend alongside patient
- **To refer:** Provide the patient with a completed [Teenager Form](#) including address and Practice J-code. The patient or their parent/carer will then call Weight Watchers on 0345 602 7068 quoting WWRS095.

**Resources and support for practitioners**

NICE pathway for overweight and obese adults. NICE recommends that people lose and maintain 5% of their bodyweight to benefit their health <http://pathways.nice.org.uk/pathways/obesity/obesity-overview>

BMJ learning modules including; Motivational interviewing in brief consultations, The importance of physical activity, Obesity: a guide to prevention and management – putting NICE guidelines into practice. Modules accessible from <http://learning.bmj.com/learning/home.html>

E-learning for Health obesity modules <http://www.esrsupport.co.uk/catalogue.php5?m=showCourse&ID=61073>

An online BMI calculator and other weight management support/info is available at [www.nhs.uk/livewell/loseweight/Pages/Loseweighthome.aspx](http://www.nhs.uk/livewell/loseweight/Pages/Loseweighthome.aspx)