

NHS Health Check Bitesize sessions:

Weight Management & NHS Health Checks

Delivered by Gloji



Housekeeping



Microphones off

Please ensure your microphone off when the presenter is speaking



Questions?

Please share via the chat or during the Q&A at the end of the session



Cameras

If you can, please turn your cameras on



About you

If you wish to, please put your name and role into the chat

Introduction to Weight Management and NHS Health Checks

The NHS Health Check programme aims to prevent cardiovascular disease, and associated conditions, through the **early assessment, awareness and management** of individual behavioural and physiological risk factors.

The programme aims to prevent conditions such as heart disease, stroke, Type 2 Diabetes, Kidney Disease and also aims to reduce the risk of developing dementia.

Conversations about a healthy weight during a NHS Health Check are an opportunity to help individuals to reduce their risk of cardiovascular disease through healthy lifestyle change. Your role is important!



Did you know?

A high BMI is a known modifiable risk factor for cardiovascular disease

gloji

Hampshire & Isle of Wight



In today's session

Part One – 20 mins

Adult weight management provider in Isle of Wight and Hampshire – gloji

Includes:

- Our service offering
- Eligibility
- How to refer

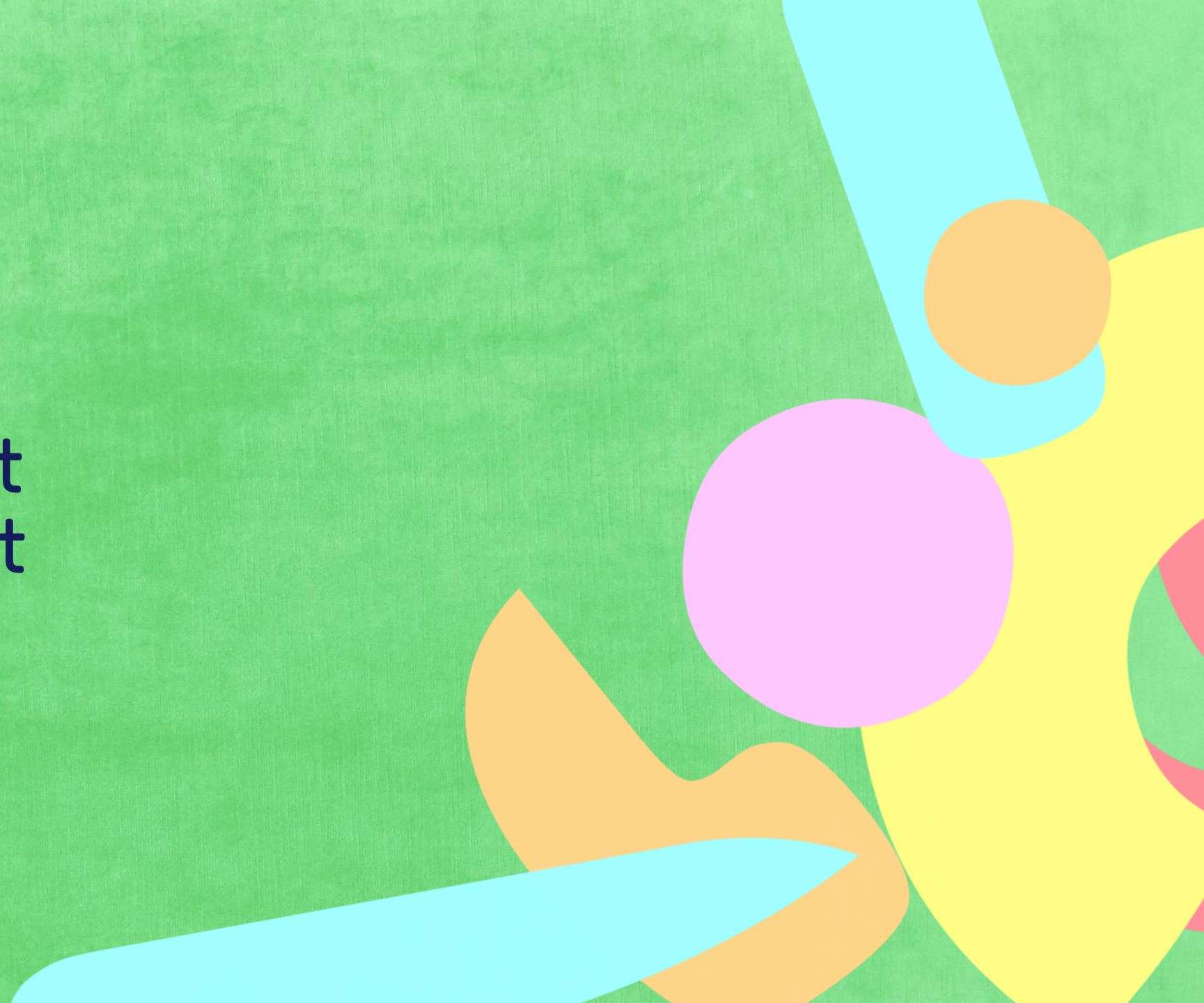
Part Two – 20 mins

Examine the impact of weight on health

Addressing the subject of weight loss

Practical tips and evidence-based techniques for having effective, supportive conversations with patients about weight management

Part one:
Adult Weight
Management
Provider



Our Programmes

1. **Slimming World**
2. Gloji lose weight
3. Gloji Exercise Support

Note – patients are only eligible for one of the three programmes once every 12 months.



Option 1 : Slimming World



yes you can
live the life you want, **eat the food you love**
and still lose weight with Slimming World!

- ♥ lose weight without ever going hungry. It's about cutting calories without counting them
- ♥ take control, change your mindset, and make lasting changes
- ♥ find a friendly and super-supportive group, so you don't have to go it alone
- ♥ build up active habits, at your own pace
- ♥ fit all this around you and your lifestyle, with member-only recipes and tools on our top-rated app



Option 1 : Slimming World

12- week funded sessions

Most popular programme option

In person face-to-face supportive group lead by SW consultant

loW

594 Starters in second contract year (July 2024 – June 2025)

376 Starters in loW lost 5%+ body weight (63%)

Hampshire

3991 Starters in second contract year (July 2024 – June 2025)

2400 Starters in Hampshire lost 5% bodyweight (60%)

<https://www.slimmingworld.co.uk/nearest-group-search>

Option 1 : Slimming World

What are your perceptions as to who Slimming World is for?

Men

Year 2 – 72 men started on Slimming World vs 522 women

59 of 72 men completed the full programme

51 men lost 5%+ bodyweight (71% vs women at 62%)

Option 1 : Slimming World

AGE: 58
START WEIGHT: 18st 12lb
CURRENT WEIGHT: 16st 12lb
TOTAL WEIGHT LOSS: 2st



),

I wanted to lose weight because with a combination of low self-esteem and an awareness of getting older and being less able to enjoy the activities, I should be able to!

I think I would have joined Slimming World eventually but then I heard about Slimming World on Referral from A friend who is a healthcare professional, but it was the encouragement of others and the enthusiasm for this particular group and consultant that pushed me.

Being overweight affected my health. My BP and Cholesterol were raised, my joints were becoming painful and Low self-esteem was not good for my mental health either. My BP is now within normal limits, and I'll be having repeat blood tests to check my cholesterol soon, which I expect to be favourable. My joint pain has reduced, especially my knees. I feel better about how I look already, and I've received compliments about my weight loss which has boosted my self-esteem.

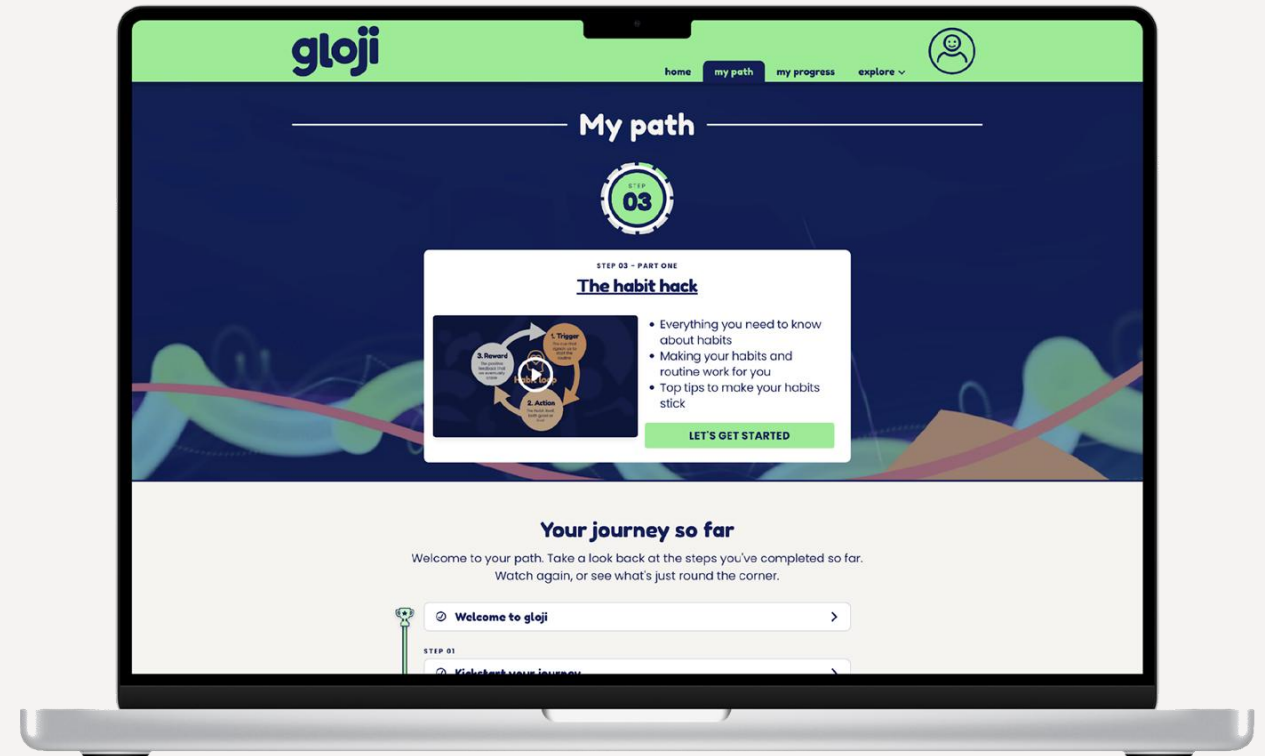
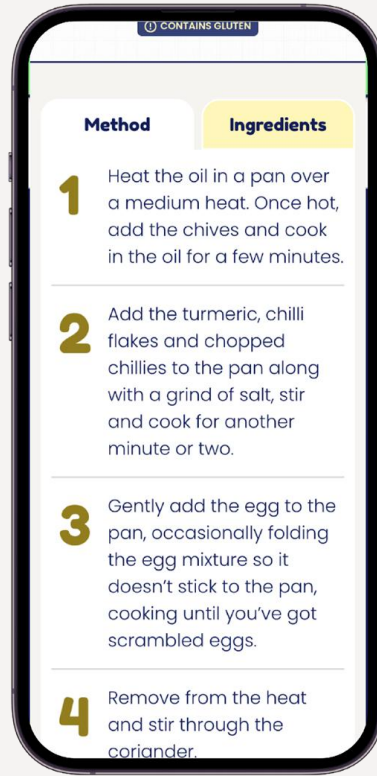
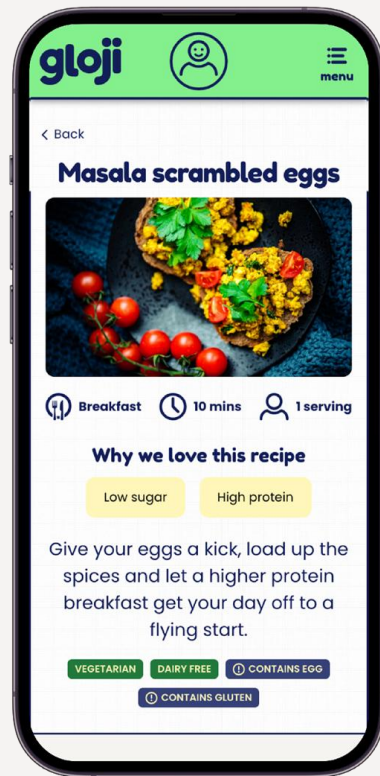
Our Programmes

1. Slimming World
2. **Gloji lose weight**
3. Gloji exercise support

Note – patients are only eligible for one of the three programmes once every 12 months.



Option 2 : gloji lose weight



Built by experts including Dr Richard Pile and Dr Heather Mckee (behaviour change specialist)

Option 2 : gloji lose weight



Option 2 : gloji lose weight



News just in! Download our recipe book and watch your next video.

Hey [first name],

You're off to a flying start. Boost your health and lose weight with us by your side for the next 12 weeks!

What next?

Your Step 1 videos are unlocked and ready and waiting. Hit play to turn how you think about weight loss on its head. Work out what's motivating you and hear all about the gloji menu. No complicated points systems, plus there's snacks. Need we say more?!

The kickstart



- Changing the way you think about weight loss
- Meet the gloji menu
- Busting myths around food and

While we're talking food, have you checked out our recipe book? Find all you need to know on how to eat well plus simple to cook, delicious recipes to try when you're after a snack, meal or dessert.

To download our recipe book, click on 'Eating with gloji' below to download within gloji, or use this link to [download Eating with gloji](#) directly from this email.



Eating with gloji

Download our simple guide to using the gloji menu. It's packed with delicious, healthy recipes...

[Read on >](#)



What motivates you?

Working out what really motivates you to change can be key to making that change...

[Read on >](#)

Want to find gloji fast?

Did you know you can save gloji to your mobile's home screen so you can open it like you open all your other apps? Sign in to gloji and follow the 3 simple steps in [How to find gloji fast on your mobile.](#)

You've got this!
The gloji team

Option 2 : gloji lose weight stats across loW/ Hampshire in year 2



1928 clients and counting



87% lose weight



70% increase their portions of fruit and veg



65% increase their physical activity



57% report improvements in mood



59% improve sleep quality



35% reduce their alcohol consumption

Our Programmes

1. Slimming World
2. Gloji lose weight
3. **Gloji Exercise Support**

Note – patients are only eligible for one of the three programmes once every 12 months.



Option 3: gloji Exercise Support

12 week set programme, designed to improve cardiovascular health, improve strength, balance and mobility.

<https://hampshire.gloji.org.uk/exercise-support/>
<https://iow.gloji.org.uk/exercise-support/>
<https://www.manvfatfootball.org/isleofwight>



Swimming



Netball



Football

Hampshire:

Swimming:

- Romsey
- Andover
- Gosport

Netball

- Basingstoke

Isle Of Wight

Swimming

- Newport

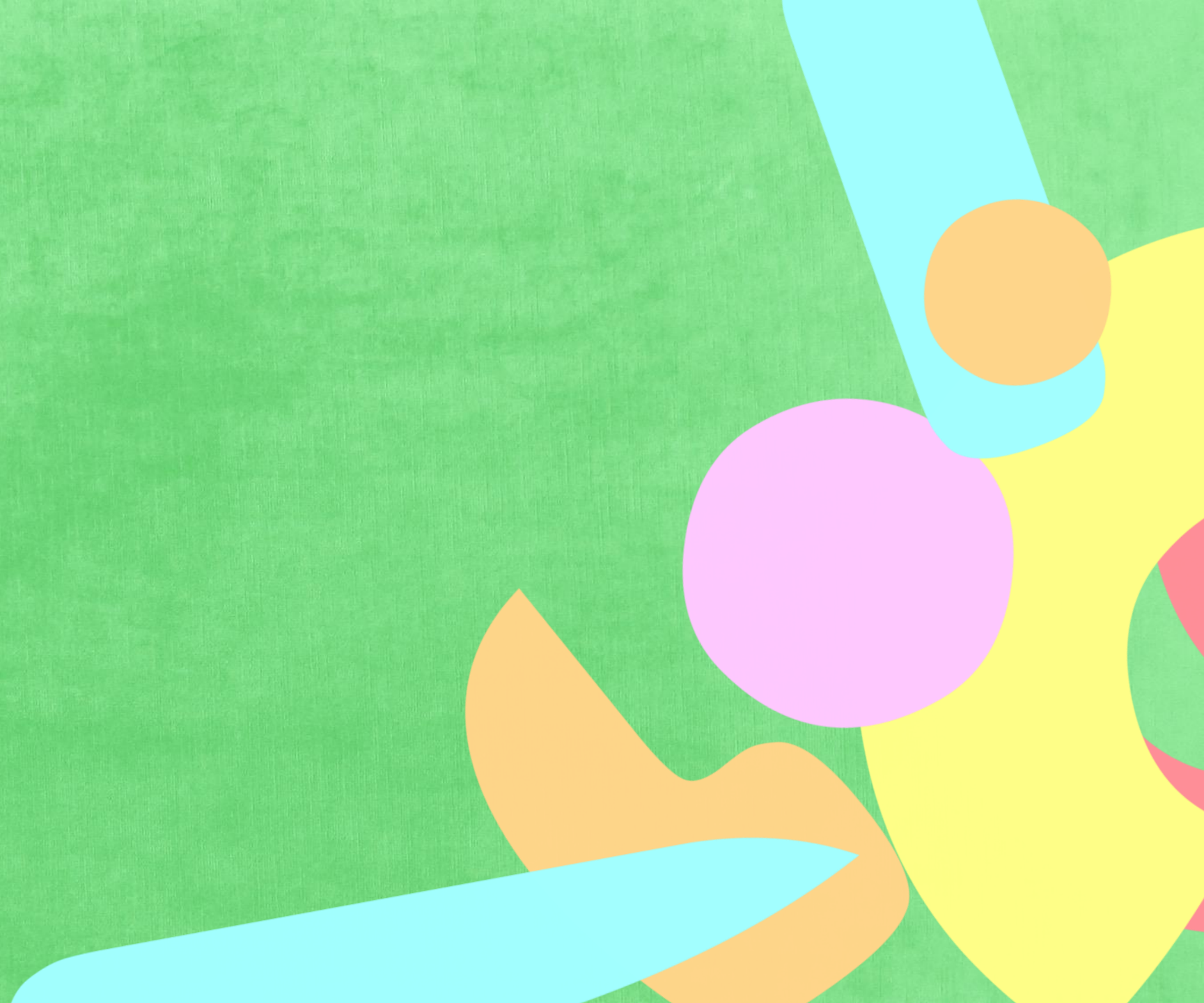
Netball

- Ryde

- *Man V Fat*
Cowes
Sandown

[Gloji Netball Weight Loss Programme](#)

Eligibility



Eligibility

A patient must meet **all the below** to be eligible:

- Resident in Hampshire or the Isle of Wight or registered with a Hampshire/Isle of Wight GP.
- BMI \geq 30 (BMI \geq 27.5 for Black, Asian and other ethnic minority groups or those with specified long-term conditions)
- Aged over 18 (or young people aged 16 and 17 years with GP/healthcare professional recommendations)
- Is not pregnant or suffering from an eating disorder
- Does not have a severe mental illness (SMI)

Long Term Health Conditions

- Autoimmune Disease
- Cancer
- Hepatitis A
- Hepatitis B
- Hepatitis C
- Endocrine Disorder
- Chronic Obstructive Pulmonary Disease
- Other Respiratory Disease
- Gastrointestinal Disorder
- Musculoskeletal Disorder
- Polycystic Ovary Syndrome
- Other Gynaecological Problems
- Asthma
- Arthritis
- Hypertension
- Hypercholesterolemia
- Coronary Heart Disease
- Stroke
- Heart Attack
- Renal Disease
- Thromboembolic Disorder
- Haematological Disorder
- Central Nervous System Disorder
- Diabetes Type 1
- Diabetes Type 2

We are open to conversations in relation to any long term health conditions which local health care professionals feel should be included.

NHS Health Check template – SystemOne

Home | **Assessment** | Activity & Diet | Smoking | Alcohol | Memory | Tests | Advice | Risk & Summary | Resources

Assessment

ardens
help & feedback

Background ★ **Ethnicity** [dropdown] [edit]

★ ***Family history - IHD** [dropdown] [edit] FH IHD = Angina/MI in 1st degree relative <60y

Family history - DM [dropdown] [edit] FH DM = Type 2 DM in 1st degree relative <60y

Family history - Cholesterol [dropdown] [edit]

Symptoms Symptoms [dropdown] [edit]

If concerning symptoms: Referral to GP [edit] e.g. chest pain, SOB, leg pain

BP ★ ***BP** [input] mmHg [edit] Best of 2 readings 5mins apart.

If BP >140/90: U&Es requested & follow up arranged [edit] Urgent r/v if BP >=180/120 or concerning symptoms [edit] Possible HT

Pulse ★ ***Pulse rate** [input] bpm [edit]

★ ***Rhythm** [dropdown] [edit]

AF [dropdown] [edit] Only for certain areas if using MyDiagno Stick

If <50, >100 or irregular ECG requested & urgent follow up arranged [edit] ECG [input]

Weight/BMI ★ ***Height** [input] m [edit]

★ ***Weight** [input] Kg [edit]

★ ***BMI** [input] Kg/m² [edit] BMI Calculator... BMI classification

Waist circumference [input] cm [edit] In supine position if possible

Waist to height ratio [input] [edit] Use to assess central adiposity if BMI <35

★ **Weight advice** [dropdown] [edit]

★ **Weight referral** [dropdown] [edit] Weight leaflet given [edit] Resources

Diabetes ★ ***DM risk** [input] [edit] DM Risk Scores

If at risk: HbA1c or fasting glucose requested [edit] Tests

Information Print Suspend **OK** Cancel Show Incomplete Fields

Weight advice [dropdown] [edit]

Weight referral [dropdown] [edit] Weight leaflet given [edit] Resource

Diabetes ★ ***DM risk** [input] [edit] DM Risk Scores

If at risk: HbA1c or fasting glucose requested [edit] Tests

Next

Weight advice [dropdown] [edit]

Weight referral [dropdown] [edit] Weight leaflet given [edit] Resource

Diabetes ★ ***DM risk** [input] [edit] DM Risk Scores

If at risk: HbA1c or fasting glucose requested [edit] Tests

Next

Show Incomplete Fields

Advice given about weight management (XaX5F) [edit]

Weight management advice declined (XaX5G) [edit]

Weight management service opportunity signposted (XaXnI) [edit]

Referral to weight management service (Y2e63) [edit]

Referral to weight management service offered (XaXR5) [edit]

Referral to weight management service declined (XaQUp) [edit]

Attends slimming clinic (66C8.) [edit]

NHS Health Check template – EMIS

Examination		
Standing height	<input type="text"/>	14-Aug-2025 130 cm ▶
Body weight	<input type="text"/>	14-Aug-2025 65 kg ▶
Body Mass Index	<input type="text"/> <input type="button" value="Calculate"/>	38.5 kg/m2 ▶
Waist circumference	<input type="text"/>	03-Feb-2022 90 cm ▶
O/E - blood pressure reading	<input type="text"/> / <input type="text"/>	12-Jun-2025 111/67 mm Hg ▶
Pulse rate	<input type="text"/>	24-Oct-2024 80 beats/min ▶
Pulse rhythm	<input type="text"/>	22-Aug-2019 O/E - pulse r... ▶
<input type="checkbox"/> Examination refused	<input type="text"/>	No previous entry
Advice given about weight	<input type="text"/>	03-Feb-2022 Advice given ... ▶
Weight management referral	<input type="text"/>	28-Jul-2025 Referral to NH... ▶

Weight management advice		
For patients who are overweight (BMI >25 or >23 if of Asian origin) consider brief intervention or a referral to a weight management service:		
Advice given about weight management	<input type="text"/>	03-Feb-2022 Advice given ... ▶
<input type="checkbox"/> Healthy eating education	<input type="text"/>	No previous entry
Weight Management Enhanced Service		
The NHS Weight Management Service aims to support practices to develop a proactive approach to the support of patients with obesity. The definition of obesity for this Enhanced Service is either a BMI \geq 30kg/m2 or a BMI \geq 27.5kg/m2 for Black, Asian and other minority groups.		
Referral to weight management service	<input type="text"/>	28-Jul-2025 Referral to NH... ▶
Referral accepted by patient?	<input type="text"/>	03-Feb-2022 Informed con... ▶
Weight Management Enhanced Service Specifications (NHSE) Digital Weight Management Programme (NHS)		

How to refer



Clinical Operating
System

EMIS or SYSTMONE



Health Care Practitioner
Online Form

<https://iow.gloji.org.uk/professionals/referral-form/>



Self – Referral Form. Select
programme

from: www.iow.gloji.org.uk

<https://hampshire.gloji.org.uk/>
www.manvfatfootball.org/isleofwight

or

0800 054 1190



Slimming World

Join Slimming World groups for encouragement, commitment and accountability. With 163 locations across Isle of Wight, Slimming World is ideal if you're looking for in-person support.

SIGN UP



Digital Support

Join a digital weight loss programme for flexibility, putting the power at your fingertips to lose weight for good. Get support and accountability from your very own health mentor, helping you every step of the way.

SIGN UP



Exercise Support

Join our gloji lose weight programme alongside 12 weeks of physical activity to lose weight. Get active while making new friends and boosting your health and fitness.

SIGN UP

IoW Practices

Communications - HSIOW: Isle of Wight

Home | Admissions | 2WW | Rapids | eRS & NHS | Investigations | Community A-D | **Community E-O** | Community P-Z | EB... |

Community E-O

[Home](#) [help & feedback](#)

1. Write

Referral Guidances & Information

2. Safety Net Info given Referral Advice Letter Click "CCG Contacts" tab on address book and then open the folder

3. Send Send Via eRS Send Via Email Send Via Fax

4. Follow-Up

Show recordings from other templates
 Show empty recordings

Fareham and Gosport Practices

The screenshot displays a document management interface. On the left, a folder tree under 'Document templates' is shown. The 'Referral Templates' folder is expanded, and the 'Weight Management' sub-folder is selected. A search box at the top left contains the text 'Previous attachment'. On the right, a list of document templates is displayed, with 'Ref - Gloji Hampshire Referral' selected. Below the list, the details for the selected template are shown, including tabs for 'General' and 'History', and fields for 'Type', 'Description', and 'Code custom'.

Document templates

Previous attachment


- Fareham and Gosport CCG 20230707
 - Pathways and Patient Information
 - Referral Templates
 - *Wessex Cancer Alliance 2WW Forms SEE ABOVE
 - 2WW
 - Audiology
 - Cardiology
 - Community Referrals
 - COVID
 - Dentistry
 - Dermatology
 - Diabetes
 - Drug Charts
 - Endocrinology
 - ENT
 - Gastroenterology
 - Gynaecology
 - Haematology
 - IFR
 - Learning Disability
 - Mental Health
 - MSK
 - Neurology
 - Obstetrics
 - Ophthalmology
 - Orthopaedics
 - Other Forms
 - Weight Management
 - Paediatrics
 - Palliative Care
 - Public Health

Name

- Ref - CDD - Everyone Active Referral Form
- Ref - Fareham Exercise Referral Scheme
- Ref - Gloji Hampshire Referral**
- Ref - Gosport Exercise on Referral Scheme - Patient Form
- Ref - HCC - Tier 2 Slimming on Referral Weight Mgmt
- Ref - HCC - WW - Adult Weight Management Referral Form
- Ref - PHFT - Horizon - HBC - Exercise Ref Scheme Form
- Ref - PHFT - Integrated Complex Obesity Service (ICOS)
- Ref - PHFT - Outpatient Dietician Adults & Paediatrics
- Ref - SSH - Tier 3 Specialist Weight Management Programme Referral
- Ref - WW - Health Solutions Referral Form - Weight Mgmt
- Ref - WW - Pregnancy Health Solutions - Weight Mgmt

Ref - Gloji Hampshire Referral

General History

 Ref - Gloji Hampshire Referral

Type: DocumentTemplate

Description: Ref - Gloji Hampshire Referral. Weight, active, t

Code custom: SNOMED CT

Southwest Hampshire

Document templates


- South West Hampshire CCG 20230707
 - Border Practice Forms
 - CCG Wide
 - Patient Leaflets
 - Patient Letters
 - Referral Forms
 - ZWW
 - Audiology
 - Cardiology
 - Clinical Genetics
 - Community Services
 - COVID-19
 - Dermatology
 - Diabetes
 - Diagnostics
 - Dietetics
 - ENT
 - Fertility
 - FGM
 - Gastroenterology
 - IFR Forms
 - Mental Health
 - MSK
 - Neurology
 - Other
 - Paediatrics
 - Palliative Care
 - Podiatry
 - Radiology
 - Rapid Access
 - Respiratory
 - Rheumatology
 - Safeguarding
 - Vascular
 - Weight Loss
 - Wheelchair

Name

- Ref - Gloji Hampshire Referral
- Ref - PFP - Exercise on Referral Andover - Health & Wellbeing Referral Oct 2020
- Ref - SSH - The Weigh Ahead Tier 3 Specialist Weight Management Programme

Ref - Gloji Hampshire Referral

General History

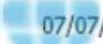
 Ref - Gloji Hampshire Referral

Type: DocumentTemplate

Description: Ref - Gloji Hampshire Referral. Weight, active, fitness, health

Code system: SNOMED CT

Version: 3

Modified:  07/07/2023 18:23

North & Mid Hampshire

The screenshot displays a document management interface. On the left, a folder tree under 'Document templates' is shown. The 'North & Mid Hampshire CCG 20230703' folder is expanded, revealing sub-folders for 'Mid Hampshire Locality', 'Pathways and Patient Info', and 'Referral Templates'. The 'Referral Templates' folder is further expanded to show various medical specialties, with 'Weight Management' highlighted under the 'Other' sub-folder. On the right, a list of document templates is displayed, with 'Ref - Gloji Hampshire Referral' selected and highlighted in blue. Below the list, the 'Ref - Gloji Hampshire Referral' document is shown with 'General' and 'History' tabs. At the bottom of the interface, there are logos for 'arder' and 'gloji', along with the text 'Ref - Gloji Hampshire Referral'.

Working together



Marketing Materials

gloji Ready to lose weight, be happier and healthier... for good?

Try our **FREE** digital weight loss programme. Designed by experts, using the latest science to help you change the way you live.

- 12 week personalised programme
- Support from health mentors
- Articles, tips and guides
- Tasty, healthy recipes

We'll help you look at so much more than just what you eat.

nutrition movement alcohol mind sleep

Visit www.gloji.co.uk or ask your GP to sign you up for free!

gloji

Ready to lose weight, be healthier and happier, for good?

nutrition movement alcohol mind sleep

A digital weight loss programme that helps you look at so much more than just what you eat.

Scan the code to find out more. You might be eligible to join gloji for FREE!

0800 054 1190 | support@gloji.co.uk
www.gloji.co.uk | @glojihealth



Addressing the subject of weight loss



What challenges have you faced when discussing weight as part of the NHS Health Check?

What helps you have these conversations about weight when conducting a NHS Health Check?

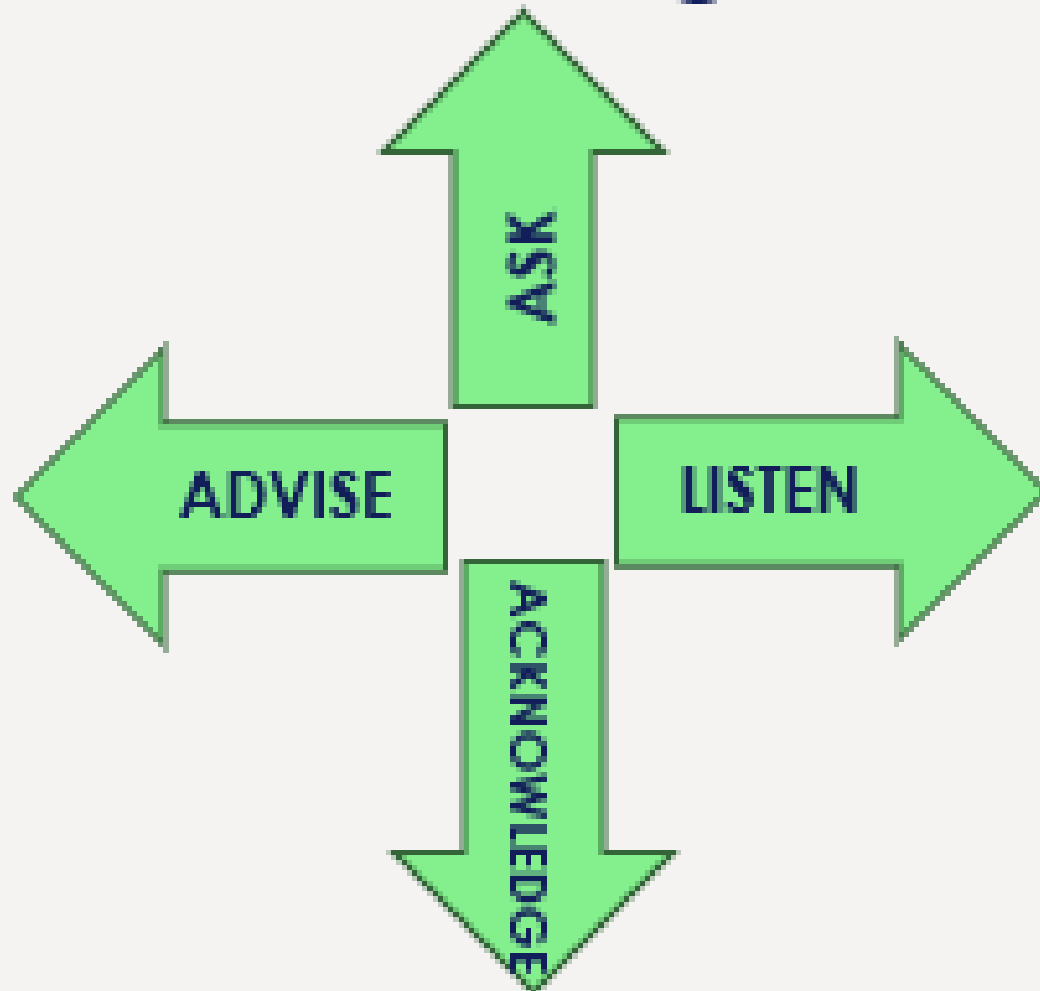
Please share your experience in the chat or use the raise hand function.

What are the barriers to discussing weight?

- Uncertainty about how to start the conversation
- Fear of upsetting or insulting the patient
- Lack of time for this subject

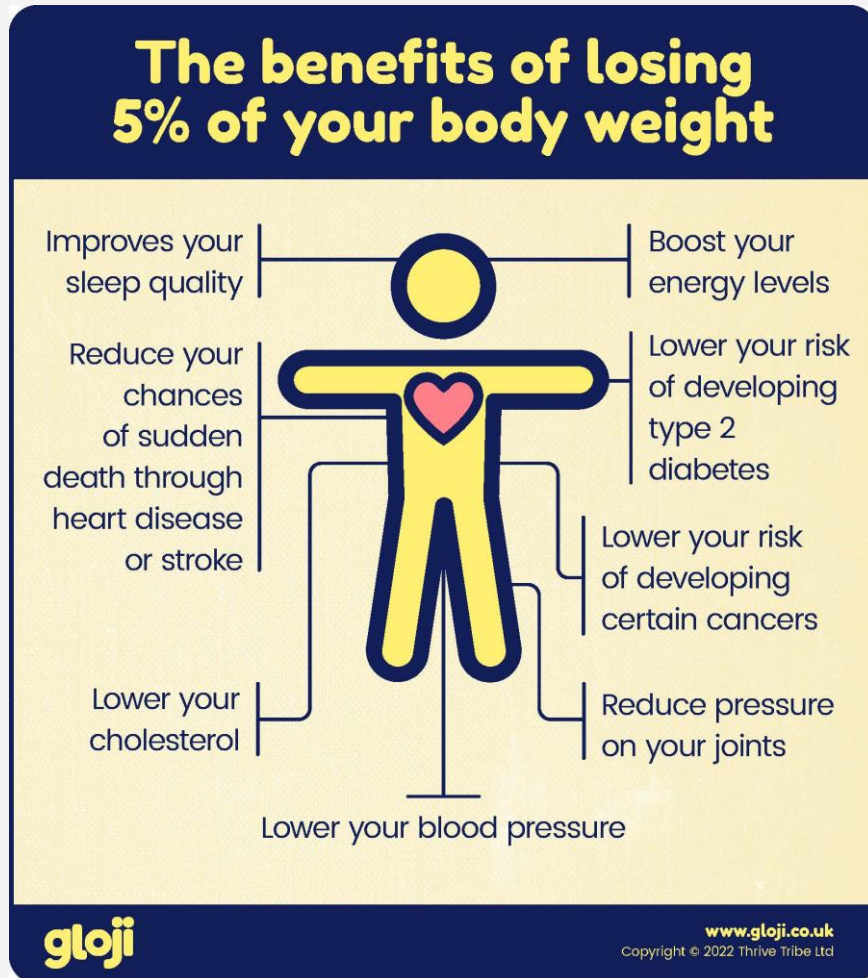


Overcoming barriers



Language to use ²⁰	Language to avoid
Overweight	Fat
Increased BMI	Obese
Unhealthy weight	Diet
Healthier weight	Exercise
Eating habits	
Physical activity	

Health benefits of losing weight



- Our aim may be to get patients to a healthy BMI, but if the goal is too big for the patient, looking at the smaller goals and the benefits is a better approach to increase motivation to make changes.

gloji Training Resources

The screenshot shows the top navigation bar of the gloji Hampshire website. The logo 'gloji | Hampshire' is on the left. On the right, there are 'LOG IN' and 'SIGN UP' buttons. The main navigation menu includes 'Home', 'Programmes', 'BMI Calculator', 'Advice', 'Professionals', and 'Contact us'. A dropdown menu under 'Professionals' is open, showing 'Referrals' and 'Training'. The 'Training' link is highlighted in green. Below the navigation, a hero section features a woman in a purple sweater flexing her arm, with the text 'Start empowering patients' and a sub-headline 'Discover bite-sized films, articles and animations to help you help your patients.' A gear icon is visible in the bottom left corner of the hero section.

gloji | Hampshire

LOG IN **SIGN UP**

Home **Programmes** **BMI Calculator** **Advice** **Professionals** **Contact us**

Referrals
Training

Start empowering patients

Discover bite-sized films, articles and animations to help you help your patients.

<https://hampshire.gloji.org.uk/professionals/online-training/>



STAYING ON TRACK

Setbacks as Learning Opportunities

Clinical Physiologist Sonya Tsancheva shares effective ways to support your patient when they encounter setbacks.

📖 4 minute read »



RAISING THE ISSUE

Initial Conversation

You can't fix everything in one appointment, but that first chat really matters

▶ 3 minute watch »



RAISING THE ISSUE

Making Sense of BMI

We're all used to working with BMI. But are we using it as positively as we could be?

▶ 2 minute watch »

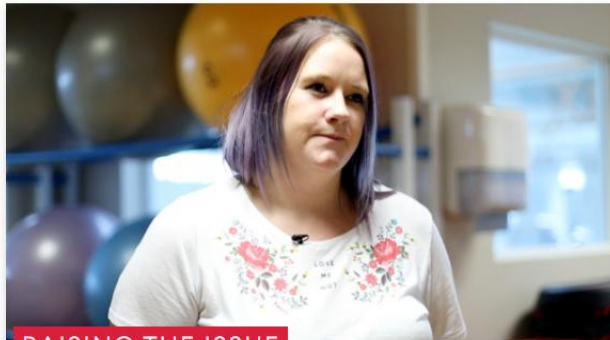


RAISING THE ISSUE

Common Barriers to Change

Patients have all sorts of excuses as to why they can't change. It's up to you to help them see otherwise.

▶ 3 minute watch »



RAISING THE ISSUE

Patient Perspectives: Realising I Needed to Lose Weight

Patients talk about what it was that set them on the path to being healthier.

▶ 2 minute watch »



RAISING THE ISSUE

Behaviour Change

Lifestyle changes don't happen overnight. How to support your patients in breaking bad habits.

▶ 2 minute watch »

Conversation skills in practice

Case study - Mark

Mark has come in for his health check.

This is some of the data we collected during his Health Check.

Standing height

180 cm

Body weight

115 kg

Body Mass Index

35.5

Calculate

What next?

- Which BMI category does Mark's BMI fall within?
- What could we say next to support Mark?
- What could we include?
- What should we avoid?



Questions?



Thank you for attending!

We would be grateful for your feedback.

Please complete this short survey:



Contact Gloji:

Email: support@gloji.co.uk

Phone: 0800 154 1190

Contact Public Health:

Hampshire - Aloisia.Katsande@hants.gov.uk

<https://forms.office.com/e/WPGAFiVR8d>

Upcoming bitesize sessions

Please see Number 10 at
[NHS-health-checks-training.pdf](#)
which is on NHS Health Checks Resources for Professionals
webpage:

[Health Check resources for professionals | Health and social care | Hampshire County Council](#)