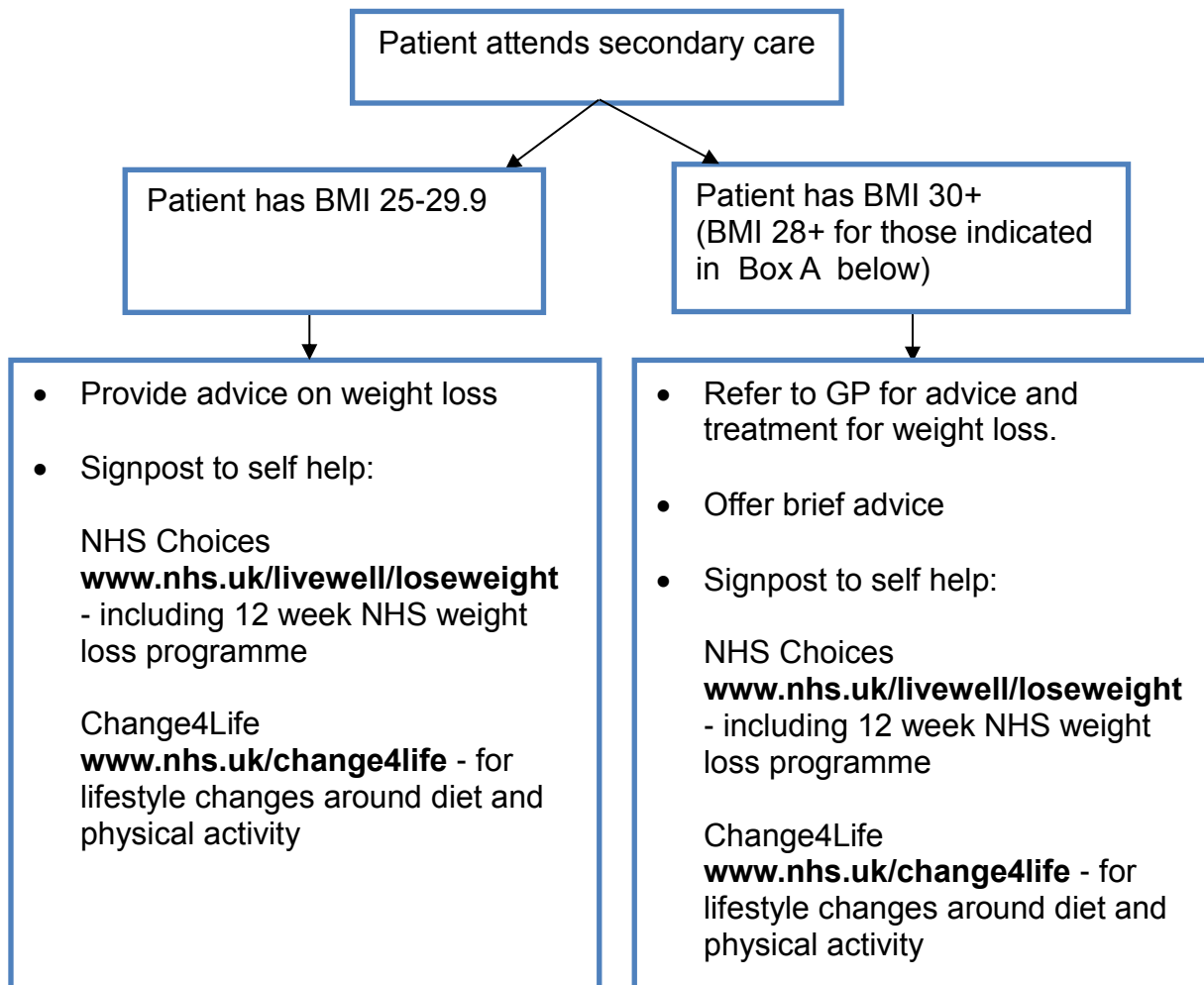


Weight management services for Hampshire residents

Secondary care pathway

GPs are ideally placed to support and monitor long term weight management



Box A: Referrals also permitted at BMI 28+ for the following groups;

- Black and Minority Ethnic groups
- Type 1 and 2 Diabetes or Metabolic Syndrome
- BMI \geq 28 CVD or high risk of CVD
- Anxiety/depression
- Needs to lose weight before medical/surgical intervention can take place
- Has a child of school age (up to 16 years)

The Slimming on Referral Scheme

- GPs are able to refer patient to the Slimming on Referral scheme.

Signpost to self help

- NHS Choices including a 12 week online weight loss programme
www.nhs.uk/livewell/loseweight/Pages/Loseweighthome.aspx
- Change for Life for lifestyle changes around diet and physical activity
www.nhs.uk/Change4Life/Pages/why-change-for-life.aspx

Resources 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
 - Motivational interviewing in brief consultations
 - The importance of physical activity

Accessible from <http://learning.bmj.com/learning/home.html>
- An online BMI calculator is available at
www.nhs.uk/livewell/loseweight/Pages/Loseweighthome.aspx
- Classifications of obesity and overweight are provided by NICE:

Classification	BMI (kg/m ²)
Healthy weight	18.5–24.9
Overweight	25–29.9
Obesity I	30–34.9
Obesity II	35–39.9
Obesity III	40 or more