

Norton Brook Medical Centre Weight Management E-Booklet



Norton Brook Medical Centre
supporting sustainable lifestyle changes.

Introduction

Norton Brook Medical Centre has produced this quick reference e-booklet to provide you with information on locally available weight management services.

This booklet not only highlights the procedure to obtain a weight management referral, but also provides resources on how to create a sustainable lifestyle change.

The following pages will:

- Introduce you to the available referral services for weight management in Devon.
- Provide you with the contact information to access a referral.
- Advise you on the benefits of weight loss and physical activity.
- Direct you to services in the local area to help you get started with physical activity and positive lifestyle changes.
- Signpost you to information on dietary changes, so that you can get started today!

Body Mass Index (BMI)

In order to guide you to the relevant services, it is important to have a current Body Mass Index (BMI) .

BMI is a screening tool to help indicate whether your weight may be placing you at risk for further health problems. BMI does not tell the difference between excess fat, muscle or bone, but acts as a basic categorisation system of someones weight.

How to calculate BMI?

The NHS Website has a BMI calculator for your use:

<https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/>

Body Mass Index is calculated by the formula:

$$\text{BMI} = \text{Weight (kg)} / \text{Height (m)}^2$$

It will be useful for you to calculate your BMI to help guide you to the most suitable weight management service.

The following flow chart categorises services according to BMI.

What weight management service am I eligible for?

Do you have a BMI >25* ?

Yes

Do you have underlying health conditions?

No

Yes

Is your BMI >40?

Is your BMI >40?

Yes

Yes

No

Group C Service

No

Group A Service

Do you have pre-diabetes or previously had gestational diabetes mellitus?

Yes

No

Group B - Healthier You

Do you have a history of Type 1 or Type 2 diabetes mellitus or hypertension?

Yes

No

Group B - Digital Weight Management

Speak to us regarding eligibility for Group C services

Yes

Is your BMI >35?

No

*22.5 for individuals from a BAME background.

What weight management services are available?

There are a range of services available in Devon which vary in different styles of support. The services change dependent on your BMI and underlying health conditions.

Group A Services

Group A services are available for individuals over 18 years old with a BMI of 25-40 or 23.5-37.5 for individuals from BAME backgrounds. Group A services are for patients without pre-diabetes, diabetes or high blood pressure (hypertension).

One Small Step

One Small Step is a local support service that offers one to one support with a health trainer to help you make changes to eating and activity patterns. Visit their website for more information: [Healthy Weight - One Small Step Devon](#)

For referral to this service please either contact Jade, Ruth, Katie or Sam (HCA team) at NBMC or self-refer to this service online on the One Small Step website.



Group B Services

Group B Services are available for individuals over 18 years of age with the underlying health conditions of pre-diabetes, type 1 or type 2 diabetes or hypertension.

Healthier You: Diabetes Prevention Programme

Healthier You is a support service whose primary aim is to encourage and support you to achieve a healthy body weight through group sessions and/or one-to-one telephone/online contact. Through learning and implementing dietary and activity changes, the programme aims to reduce your chance of developing type 2 diabetes.

To be eligible for this service you must be over 18, pre-diabetic or have a history of gestational diabetes mellitus and are not currently pregnant.

If you are unsure whether you are pre-diabetic, please speak to our nursing team who will guide you on recent blood sugar results.

For more information about referral to this service please contact NBMC and ask to speak to Katie, Jade, Ruth or Sam (HCA's).





Group B Services Continued

Digital Weight Management Programme

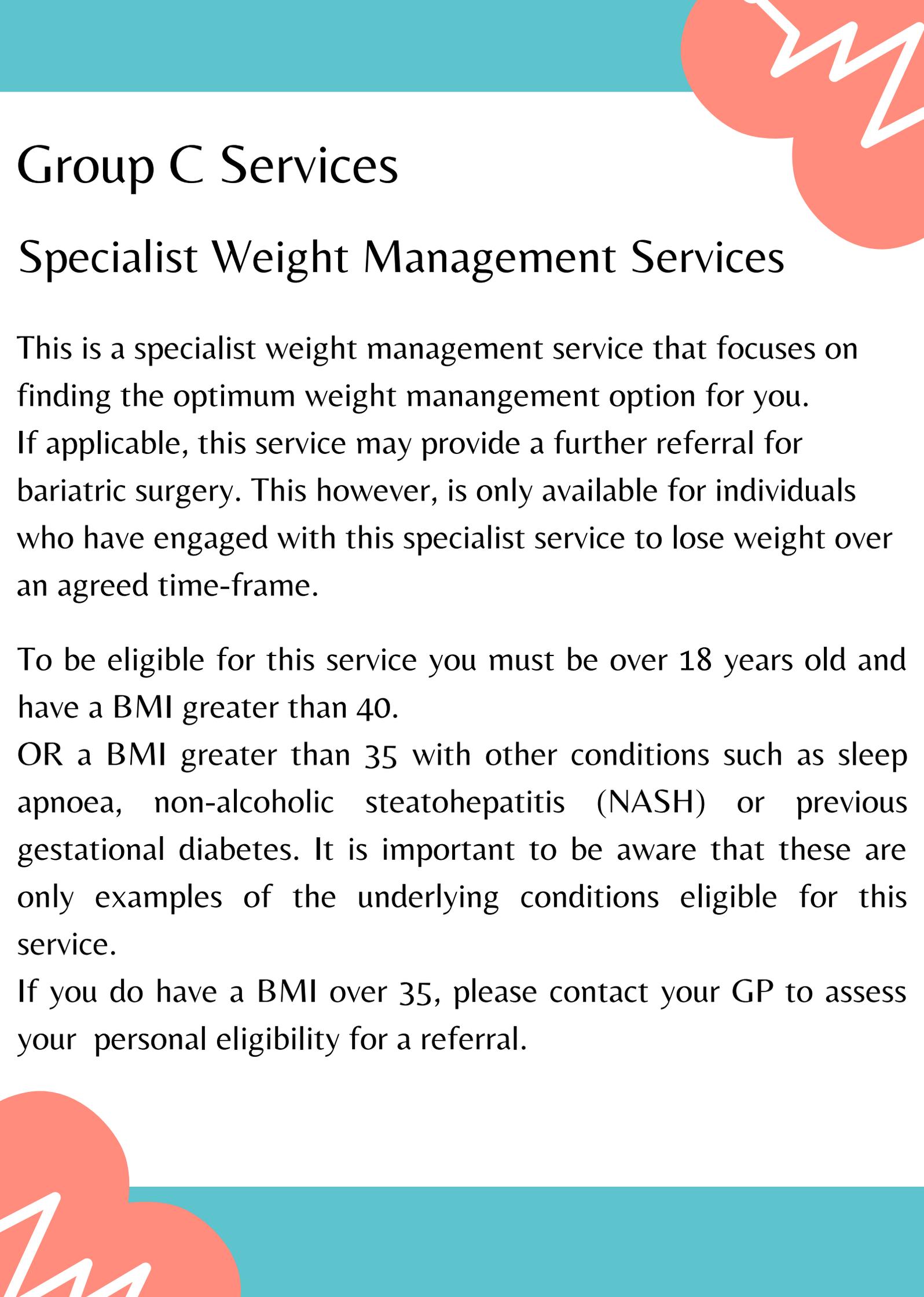
This is a free 12 week online programme that focuses on developing healthier eating habits, increasing activity and losing weight. The programme is available on your smartphone, tablet or computer. It ranges from online digital material to personal coaching dependent on your needs.

To be eligible for this Digital Weight Management Programme you must be over 18 years old and:

- 1) Have a diagnosis of type 1 or type 2 diabetes, hypertension or both.
- 2) PLUS have a BMI >30 or >27.5 for individuals from BAME backgrounds.

For more information and referral to this service please contact NBMC to speak to Ruth, Sam, Jade or Katie (HCA Team).





Group C Services

Specialist Weight Management Services

This is a specialist weight management service that focuses on finding the optimum weight management option for you. If applicable, this service may provide a further referral for bariatric surgery. This however, is only available for individuals who have engaged with this specialist service to lose weight over an agreed time-frame.

To be eligible for this service you must be over 18 years old and have a BMI greater than 40.

OR a BMI greater than 35 with other conditions such as sleep apnoea, non-alcoholic steatohepatitis (NASH) or previous gestational diabetes. It is important to be aware that these are only examples of the underlying conditions eligible for this service.

If you do have a BMI over 35, please contact your GP to assess your personal eligibility for a referral.

What can I do to make a change?

Get in Contact

If you are interested in a weight management referral and have found the service most suitable through our flowchart. Please call the medical centre on 01548 853551 for a discussion with our nursing team about a referral.

Get Physically Active

Physical activity is hugely important in weight loss and maintaining better health. If you are stuck on what to do, page 10 has links to services available in the local area or visit the [NHS website](#).

Start Optimising your Diet

Whilst waiting for your referral, it is important to realise that there are many small changes you can begin to implement in your diet from today. The following page will highlight a range of resources to help guide you with your eating habits.

Where can I get advice on making positive dietary changes?

[NHS Live Well Eat Well Online](#)

This is an NHS published resource providing the UK's recommendations for a balanced diet. It focuses on nutrition, food groups, healthy recipes and food-swaps. It also links through to the NHS Weight Loss Plan.

[Public Health England: The Eatwell Guide](#)

This is an information booklet focusing on nutrition, food groups and food labelling.

[Take control of your weight with the British Heart Foundation](#)

This is an online hub of information with links to portion size guidance, recipes and food-swaps. With emphasis on how to get started on physical activity.

Local opportunities to start changing your lifestyle

GP Exercise on Referral

Contact your GP for referral to specialist exercise programmes based at Quayside Leisure Centre. This is a subsidised activity programme.

Kingsbridge Walk and Talk

A free exercise opportunity led by trained, friendly, volunteer walk leaders. This is a great place to start if you are new to physical activity!

Visit [Kingsbridge Walk & Talk](#) | [Walking for Health](#)

Can't see anything for you?

Get in contact for referral to our link workers!

Active Devon

Find local and online opportunities to get active. There are a range of exercise classes from yoga & pilates, movement for over 50's to sailing & canoeing. Visit [active devon](#) for activity sessions you may be interested in!

Park Run

Bolberry Down park run 9am every saturday.

Walk, jog, run 5k. Visit the [parkrun website](#) for details to register.



Benefits of Weight Loss & Physical Activity



Weight Loss

- Reduces the likelihood of disease development; decreasing your risk of diabetes, cardiovascular (heart & vessel) disease, strokes and certain cancers. If you already have these conditions, weight loss can alter the disease progression.
- Weight loss decreases blood pressure, reduces elevated cholesterol levels and lowers elevated blood glucose levels.
- It offers improvement for muscular-skeletal pain and mobility issues, alongside providing beneficial effects on self-esteem, confidence and mental health conditions such as depression.

Physical Activity

- Regular physical activity reduces the risk of: strokes, cardiovascular disease, mental health problems, musculo-skeletal disorders, pre-diabetes, type 2 diabetes, bowel and breast cancers.
- It can increase levels of HDL (good cholesterol) which is protective against plaque formation and cardiovascular diseases.
- Regular weight bearing physical activity strengthens bones as well as metabolizes (burns) excess fat which leads to both weight reduction and better overall health.

Final Thoughts

Hopefully, this e-booklet will assist you in contacting NHS weight management services.

Please contact Jade, Katie, Ruth or Sam (HCA Team) if you would like a weight management referral or have any further questions regarding your personal circumstances.

Utilise the resources linked in the e-booklet to start making a change today!

Norton Brook Medical Centre



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