

Weight Management Referral Form

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| GP Code: K82048 | | NHS Number: | | |
| <p>Patient information: If you reduce your weight you will reduce your ill health risk.</p> <p>Evidence suggests taking up a weight loss programme can assist with motivation and help you be more successful at losing weight.</p> <p>If your BMI around/above 30 your weight is putting you at a higher risk of developing a Long Term Ill Health. NHS Choices website has a BMI Calculator.</p> | | <p>Am I eligible for the FREE 12 WEEK WEIGHT MANAGEMENT PROGRAMME?</p> <p>You are eligible if you :</p> <ul style="list-style-type: none"> • Are aged 16 year or over • Have a BMI ≥ 30 (or ≥ 28 if you are South Asian) • OR have a BMI ≥ 28 AND with a long term illness that is adversely affected by your weight. • Don't have an eating disorder • Have NOT self-funded a weight management programme in the last 3 months | | |
| <p>Weight Watchers OR Slimming World</p> <p>Making your decision: Both offer friendly weekly meetings where the focus is on group support, sharing tips and ideas to help you lose weight and keep it off. At your first meeting, you'll be welcomed, weighed confidentially and given everything you need to get you off to the best possible start. Your weight remains confidential at all times. If you are nervous of attending do contact the course leader directly as they will be used to this and able to help you.</p> | | | | |
| <p style="text-align: center;">Weight Watchers</p> <p>Every food and drink has a ProPoints value - no food is off limits. You will get a ProPoints 'budget' to spend on anything you like. Stick to your budget, and you'll lose weight so no need to weigh, measure and count everything!</p> <p>So whether you're a vegetarian or a meat lover, can't live without bread or are trying to avoid carbs, cooking for a family, eating solo or on a tight budget, Weight Watchers can help you reach your weight loss goals A great way to get focused on eating healthily . (Please quote WWRS012 when you call/email)</p> <p style="text-align: center;">To join Weight Watchers: 0345 602 7068 www.weightwatchers.co.uk</p> | | <p>OR</p> | <p style="text-align: center;">Slimming World</p> <p>The Food Optimising eating plan is based around satisfying your appetite with healthy everyday foods like fruit and vegetables, pasta, potatoes, eggs, fish, lean meat and chicken so that you never go hungry. It's a long term plan, not a quick fix, so no food is banned and whatever your favorite treat is, you can still enjoy it.</p> <p>Motivating you to become more active gradually, when you feel ready, is Slimming World's optional Body Magic Programme. It works by redefining what is seen as activity so that anything that gets you moving more, from washing the car to walking the dog, is rewarded and counts towards your weekly total</p> <p style="text-align: center;">To join Slimming World: 01773 546399 www.slimmingworld.com</p> | |
| <p style="text-align: center;">Once you've decided, just ring the telephone number for the programme you choose.</p> <p>You will be asked some questions when you ring the number and will need this form to answer them. The Weight Watchers or Slimming World Helpline will find you a local course. But remember, if you are still unsure or nervous after speaking to the helpline the local course leader can be asked to contact you. They will tell you more about the course before your first attendance. You can also just try one of the sessions (with a friend if you want) before making a commitment . Go on give it a go..... what have you got to lose?!</p> | | | | |

How to Lose Weight

Did you know that if you lose weight it significantly reduces your life time risk of developing long term illnesses? Such conditions as Type 2 Diabetes, high blood pressure, heart disease and strokes are all affected by the **lifestyle choices we make**.

'Just eat less and exercise more'. Sounds so easy doesn't it If only it were that easy!

Most people need a little help – whether it's taking time to **set some personal goals, seeking advice and information, making agreement with your friends or family, joining a group or having support on line**.

Whatever you choose, don't forget to **reward yourself as your weight reduces**. Pick a treat that doesn't involve food or drink though! This will help you change your thinking about food and **make your new habits stick!**

This leaflet includes **tips that really can help you eat more healthily and lose weight**. It also provides information about **physical activity and local services** that can offer even more support. Great news - If you've read this far then you are likely to want to make changes to your lifestyle and lose weight. **Wanting to change is your greatest asset!** .

16 things that really can help you lose weight

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| <ol style="list-style-type: none"> 1. Eat breakfast 2. Eat regular meals 3. Eat plenty of fruit and veg (5 a day) 4. Become more active (try 30 minutes a day) 5. Drink plenty of water 6. Eat high-fiber foods (e.g. Wholegrain bread) 7. Set realistic goals 8. Be ruthless-make time for yourself in your busy day | <ol style="list-style-type: none"> 9. Read food labels (choose 'green' calories and fat content) 10. Use a smaller plate 11. Eat the things you like - but in moderation 12. Reduce temptation (don't buy those 2 for 1 crisps!) 13. Cut down on alcohol (a glass of wine = piece of cake!) 14. Plan your meals before you shop 15. Eat <u>before</u> you go food shopping! 16. Choose a physical activity you like – have fun |
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As well as changing what you eat and when you eat, you need to make sure you are physically active. This doesn't mean going to the gym every day, but it does **mean making plans to be more active** and setting yourself targets to **increase what you are doing now**. **Joining a group designed to help you lose weight is proven to help to succeed - many are available**.

Being more active can include anything from **getting up from your desk at work more often, to walking briskly to the shops for a pint of milk, weeding the garden or cleaning the house, to joining a Zumba class or local walking group**. Again **having a plan and sharing it with friends or family will help**. Try one or more of the suggestions above - they really do help!

What's on and FREE in Buckinghamshire

- **60 led walks** across Buckinghamshire Simply Walk - Call: **01494 475367** www.walkingforhealth.org.uk (search 'Bucks')
- **Movers and Shakers** - Physical activities & arts/craft activities for older adults - Call: **01296 387044**
- **Health Trainers** can help to keep you motivated – Call: **01628 857 311**
- **Exercise Referral** - Gym-based exercise program for inactive adults with a long term illness.(eligibility criteria & charge - NOT FREE) **Chiltern & South Bucks 07970 214 742 & Wycombe: 01494 688 100 Aylesbury: 01296 488 555**
- **Active Bucks** – Say what you need to be more active - inform local plans <http://www.buckscc.gov.uk/healthy-living/active-bucks/> **'Leap' physical activity** - Find your nearest sport and active opportunities in Bucks. www.leapwithus.org.uk/
- **Life style Gateway** - access to all services in one place, inc weight management programmes (Wycombe area only)
Call **01628 857 311** www.gethealthybucks.co.uk

Key National Links

- NHS live well: www.nhs.uk/Livewell/weight-loss-guide - weight loss guide
- Change4Life: www.nhs.uk/change4life - healthy living information
- NHS Choice: www.nhs.uk/livewell/healthy-eating (inc. couch to 5K, a weekly running plan)
- British Heart Foundation: www.bhf.org.uk/heart-health/preventing-heart-disease/ :lots lifestyle tips
- Patient.co.uk leaflet: Even more great tips to lose weight. www.patient.info/health/weight-reduction-

[how-to-lose-weight](#)