

Fylde Adult Weight Management Programme

Introduction

This externally funded programme provides an accessible tier 2 adult weight management service, which supports obese adults to lose weight and improves knowledge and skills in maintaining healthy weight.

Aims of the service

The programme is delivering an evidence based, accessible tier 2 weight management service for adults aged over 18 years of age, which will support people with a BMI >30 to 39.9 to lose weight, maintain that weight loss, and improve knowledge and skills to maintain a healthier weight. This is a multi-component service which offers advice and motivation in relation to diet and behaviour change, promoting increased physical activity.

Service delivery

The service provides a minimum of 7 weight management sessions for each individual, comprising an initial one to one assessment session, followed by a minimum of 6 group weight management sessions, plus signposting to wider physical activity opportunities. The structure of each programme is flexible to meet local need and can be delivered over a period of up to 6 months.

National/local context and evidence base

Overweight and obesity presents a major challenge to the current and future health of the local population. Higher Body Mass Index (BMI) is associated with an increased risk of risk of morbidity and mortality from a range of conditions including hypertension, heart disease, stroke, type 2 diabetes and several cancers. It also contributes to increased social care costs. An estimated 16% of adults in Fylde district are obese, with 68.6% overweight, equivalent to over 54,000 people and rising. More information on local trends and prevalence can be found in the Lancashire Insight pages <https://www.lancashire.gov.uk/lancashire-insight/health-and-care/health/lifestyle/healthy-weight/>

Overview of local obesity services and the obesity care pathway

This programme is providing Fylde residents weight management support and links with wider programmes which promote physical activity and connect with other provision in the community. This service signposts and connects people with activities available locally, including leisure service provision, any community football trust offer, walking, cycling and running groups etc.

The service has built relationships with local NHS Primary Care Networks and the wider Integrated Care Partnerships.

Obesity care pathway

This weight management service is a direct pathway from NHS Health Checks services and is responsive to referrals from any authorised provider of NHS Health Checks commissioned directly or indirectly by Lancashire County Council such as GP Surgeries, Primary Care Networks, pharmacies and commissioned community / workplace providers as well as self-referrals

Key Performance Indicators

- 60% of participants complete the programme
- 100% of participant weight management data is recorded, analysed and reported
- 100% of enrolled participants are invited to provide feedback at the end of the active intervention
- At least 60% of enrolled participants provide feedback
- 75% of participants will have lost weight at the end of the weight management intervention
- 30% of all participants will lose a minimum of 5% of their (baseline) initial body weight, at the end of the active intervention

Monitoring & Evaluation Update

- 50 referrals April 1st – November 31st
- 100% participation data recorded, analysed and reported
- 100% of enrolled participants have been offered to provide feedback on the programme on completion
- 75% participant retention rate following the programme
- 100% of participants have completed the programmes
- 50% of participants have lost between 3 – 5% of their weight loss target

Case Studies from some who have participated in the programme

- "The programme has helped me to focus on my nutrition by having a balanced diet, given me the knowledge I need to be mindful about my food intake and reduce my portion size"
- "The programme has motivated me to increase my exercise, which at the moment involves walking. Prior to the start of the Change programme, I was only averaging between 5,000 - 10,000 steps daily. Now I achieve 10,000 steps during the week and Sat-Mon over 20,000 steps"
- "Learning from the instructor's wealth of knowledge, the experiences of the individual group members, weighing myself on a weekly basis and sending the results to Sarah has been the best bit of the programme. Also having the support of Sarah when I had a disappointing weight loss or was struggling to motivate myself to exercise. The meal ideas and new ingredients I was able to try as a result of the variety of menus Sarah provided following most sessions.
- "Thanks to the healthy eating instructions, hints and tips and support from the instructor, during the 8 week Change Programme, I've managed to lose my first stone and reduce my BMI. I'm now looking forward to the next phase of the Programme to continue my weight loss journey and to try different types of exercise from the Taster sessions, group classes, group walks etc"