# **Public Health Map**

### NHS: Community Services and secondary care

- Promote activities that fit easily into everyday lives, e.g. walking.
- Use multi-component interventions such as dietary assessment and targeted advice, family involvement and goal setting.
- Offer tailored advice based on individual preferences and needs.
- Provide ongoing support in person or by telephone, post or internet.
- Include promotional, awareness-raising activities as part of long-term interventions, not as one-off activities.
- Address concerns about: the availability of services; the cost of changing behaviour; the taste of healthier foods; the safety of walking and cycling.

### **NHS: Primary Care**

- Discuss weight, diet and activity at times when weight gain is more likely, for example: during and after pregnancy; the menopause; stopping smoking.
- Tell people who are stopping smoking where they can get advice on weight management; and encourage physical activity.

# Local authorities and partners

- Identify and address environmental barriers to physical activity and healthy eating.
- Address concerns about safety, crime and inclusion.
- Encourage active travel through cycle lanes and bike stands, walking routes, including area maps and pedestrian crossings; traffic calming measures; improved street lighting.
- Ensure building designs encourage the use of stairs and walkways.
- Encourage local shops and caterers to promote healthy food and drink choices via the healthy options scheme

# Workplaces

- Address weight in any health checks.
- Implement tailored physical activity programmes and cross organisational policies which promote and facilitate physical activity.
- Improve food provision actively promote healthier choices in line with existing guidance and educational and promotional activities.
- Any incentive schemes to be long term and part of a wider programme to manage weight, diet and activity.

Self-help, commercial and community weightloss programmes

- Follow best practice standards.
- Local authorities and PCT to only endorse or recommend programmes if they meet best practice standards

### **The Public**

- Reduce sedentary time and increase activity. Try to build in 30 minutes of moderate activity at least 5 days a week.
- Eat five portions of fruit and vegetables a day.
- Keep a check on your weight, be conscious of clothes feeling tighter and act sooner rather than later.
- Seek advice from a health professional if concerned.

# **Care Pathway for Weight Management**

Settings

Primary Care & Community

Primary Care

Secondary Care

Secondary Care

## Assessment of weight/body fat

Body Mass Index (use with caution),
Waist circumference (as appropriate for people with BMI <35)

### Individual ready to address weight problems

Level 1 – Weight maintenance & self directed early intervention.		Target Group	
Provide programmer programme	de healthy eating information de information about local physical activity rammes such as walking and cycling schemes urage self care and regular monitoring	<ul> <li>BMI of 18.5 – 25 (weight maintenance)</li> <li>BMI of 25 -35 with no co-morbidities</li> </ul>	

	Level 2 – Primary Care Services	Target Group	
	• Consider referral (if meeting criteria) to:	People should be referred to level 2 services if they	
>	Healthy Lifestyles Service	have not lost and maintained 5 – 10 % at level 1.	
	<ul> <li>Slimming on Referral</li> </ul>	People should enter the pathway here if they are	

Healthy Lifestyles Service
 Slimming on Referral
 Counter weight
 Passport to Health
 Passport to Health
 An assessment of each individual should be carried

Minimum regular monitoring 3/12

their criteria

Consider referral to dietetics service if meeting

An assessment of each individual should be carried out to determine the most appropriate service for the individual.

# Level 3 – Secondary Care Services Assessment of co-morbidities Referral to intensive Multi-disciplinary assessment service People who meet the NICE criteria for Bariatirc surgery

Level 4 – Specialist Secondary Care Services		Target Group	
•	Bariatirc surgery is for people who have been through the assessment service and referral is via this service only.		People who meet NICE criteria for surgery and have been through multi-disciplinary assessment service