

North East Lincolnshire Adult Weight Management Service

Week	Session	Content
1	Your Healthy Weight	<ul style="list-style-type: none"> • Gain a clear understanding of their programme • Understand what it means to have a healthy weight • Explore the links between obesity and health • Understand the different factors that can be monitored & altered for a healthier lifestyle • Provide top tips for getting started • Introduce SMART goal setting
2	Balancing Your Lifestyle	<ul style="list-style-type: none"> • Understanding energy balance • Understand macronutrients, portions and the EatWell Guide (using culturally appropriate examples) • Managing change including use of General Health Questionnaire • Assessing your own nutrition needs • SMART goal setting
3	Getting Active	<ul style="list-style-type: none"> • Introduce the national activity guidelines • Assess personal activity levels • Explore barriers to physical activity and how to overcome them • Building physical activity into your day
4	What's on Your Plate?	<ul style="list-style-type: none"> • Exploring and understanding the fat, protein and carbohydrate recommendations • Understanding glycaemic index and fibre • Fluid recommendations: what to drink and how much • An introduction to self-care • SMART goal setting
5	Fine-tuning Your Food	<ul style="list-style-type: none"> • Understanding fruit, vegetable, dairy and salt recommendations • Added and hidden sugars • Alcohol guidance for those that do drink alcohol • SMART goal setting
6	Creating Healthy Habits	<ul style="list-style-type: none"> • Understanding, identifying and changing habits • Understanding your environment • Restructuring your environment to make it work for you • SMART goal setting
7	Your Food Toolkit	<ul style="list-style-type: none"> • Shopping for food, meal planning and budgeting • Cooking tips • Understanding food labels • Healthy swaps • Adapting culturally appropriate recipes • SMART goal setting
8	It's Not Just What We Eat	<ul style="list-style-type: none"> • What is stress? • What can trigger stress? • Identifying your triggers • Chronic stress • Problem-solving

		<ul style="list-style-type: none"> • Comfort eating: why we do it, tips for avoiding comfort eating • SMART goal setting
9	Staying Active	<ul style="list-style-type: none"> • Making physical activity more accessible • Designing your own physical activity plan • SMART goal setting
10	Your Mind	<ul style="list-style-type: none"> • Thought traps • Self-care • Being assertive • Anger management and practical tips • SMART goal setting
11	Healthy Mind, Healthy Life	<ul style="list-style-type: none"> • Your stress toolbox • An introduction to mindfulness • The importance of sleep • SMART goal setting
12	Planning Your Future	<ul style="list-style-type: none"> • Self-monitoring tools, tricks and tips • Managing set-backs • Reflecting and rewarding • Signposting to other health and lifestyle services to support ongoing behaviour change • SMART goal setting

Service model

Our holistic multicomponent NE Lincolnshire Weight Management service encompasses nutrition, behaviour change and physical activity, developed by our qualified, experienced multi-disciplinary team (consisting of Dietitians, Psychologists, physical activity specialists and medical professionals).

Each one-hour group session includes a topic to support changes in achieving a healthier weight. Peer support, tracking, progress reviews and goal setting are weekly features to enable sustainable behaviour change.

Suggested eligibility criteria

We suggest that to be eligible, service-users must meet all the following criteria:

- Aged 18+
- NE Lincolnshire resident
- BMI of 25 or more (or a lower BMI of 23 or more for adults of South Asian, Chinese and Black ethnicities)

Suggested exclusion criteria

We recommend individuals who fall into any of the following category should be excluded from this service:

- Are currently on the National Diabetes Prevention Programme (NDPP), Low Calorie Diet programme
- Pregnant women (but not post-partum)
- Have an underlying medical cause for obesity and would benefit from more intensive clinical management than a Tier 2 service
- Have already accessed a Tier 2 weight management service twice in the last year. If a resident has already access the service twice and been unsuccessful, they should be referred to their GP.

