

# North East Lincolnshire Adult Weight Management Service

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



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

## 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.

