

BRIEFING NOTE

Weight management



The 2022-23 Pharmacy Quality Scheme¹ (PQS) Healthy Living Support Domain weight management target is summarised in Appendix 1.

National resources to support the pharmacy weight management action plan
See also all the resources described in the County Durham Healthy Weight Pathway

NHS resources

Better Health, Let's do this at <https://www.nhs.uk/better-health/> has resources for losing weight and for getting active (contractors should note that exercise on its own has been shown not to lead to weight loss) including the following free Apps:

- 12-week NHS Weight Loss Plan
- Healthy recipes; healthier food swaps (including the Food Scanner App)
- Couch to 5k running for beginners; Active 10 walking

NHS Live Well website at <https://www.nhs.uk/live-well/> has resources for a healthy weight, eating well and exercise (contractors should note that exercise on its own has been shown not to lead to weight loss) including:

- Current physical activity guidelines (also at <https://www.gov.uk/government/publications/physical-activity-guidelines-infographics>)
- Exercise tips and guides
- Links to Body Mass Index (BMI) health calculator at <https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/>
- Weight loss tips; food tips and healthy recipes
- Links to Eatwell Guide at <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

Former Public Health England (PHE) resources

Adult weight management: short conversations with patients at <https://www.gov.uk/government/publications/adult-weight-management-a-guide-to-brief-interventions> includes the *Let's Talk About Weight infographic* and *Let's talk about weight: a step-by-step guide to brief interventions with adults for health and care professionals guidance* for support with initiating and managing conversations with people about weight management.

Better Health Adult Obesity resources at <https://campaignresources.phe.gov.uk/resources/campaigns/109-better-health-adult-obesity/resources> motivates and supports adults to achieve a healthy weight by eating more healthily and increasing levels of physical activity. Useful resources include the *Adult Obesity Campaign Toolkit 2023* and *Embedding Physical Activity Advice into Clinical Practice*.

Moving Medicine long term health condition guides at <https://movingmedicine.ac.uk/prescribing-movement/> aim to improve conversations about physical activity between patients and healthcare professionals.

¹ <https://psnc.org.uk/services-commissioning/pharmacy-quality-scheme/> (updated 29/11/22)

Local resources to support the pharmacy weight management action plan

There is now a Healthy Weight Pathway in County Durham. This is a resource to support healthcare professionals to refer and signpost patients to a weight management service, intervention, or programme to suit their needs.

With the launch of this Pathway, there are now Local Authority funded tier 2 weight management services in County Durham: the *Wellbeing for Life* and the *Move* offers (see page 2 and page 9 of the Healthy Weight Pathway resource).

The local offer in County Durham to achieve a healthy weight is also available at <https://www.durham.gov.uk/article/18419/Healthy-weight>. This signposts to, for example:

TIER 2 SERVICE - Wellbeing for Life Service at www.wellbeingforlife.net which helps individuals to improve their health and wellbeing, and to get more involved in their local communities. Any healthcare professional can signpost or refer people to the Service (a general online enquiry form and the healthcare referral form is available at www.wellbeingforlife.net/get-in-touch/). Key contacts for pharmacies in the Service are the local *Wellbeing for Life Practitioners* who help individuals to set up personal health plans to improve their health (this involves 8-12 sessions over a period of weeks or months, either individually or as part of a group). Local group activities can also be viewed at www.wellbeingforlife.net/whats-on/. In addition, there are numerous training courses available from this Service which are free to anyone living and working in County Durham (<https://www.wellbeingforlife.net/training-courses/>).

TIER 2 SERVICE - Move at <https://www.durham.gov.uk/move> supports people to move more, from advice on staying motivated, to local activities, or more specialist one to one support. Ideas to get moving are available on the website, and County Durham residents aged 11 years and above can register for support at https://doitonline.durham.gov.uk/service/Move__Start_your_journey_

Community classes at <https://www.durham.gov.uk/waystowellbeing> is Durham County Council's community activity programme which aims to improve the health and wellbeing of adults and families who are resident or work in County Durham. The programme provides opportunities for physical activity and social interaction, and activities ranging from group exercise classes, arts and crafts sessions, reading groups and community gardening.

All local leisure and culture links at <https://www.durham.gov.uk/article/1935/Leisure-Culture> (links to Cycle Durham, Run Durham, and Walk Durham from *Enjoy our parks, coast and countryside*; links to leisure centre information).

In addition:

We Are Undefeatable (<https://weareundefeatable.co.uk/>) is a campaign which aims to inspire, reassure, and support people to be active by showing the real-life experiences of people living with a variety of conditions on their own journeys to being active. In County Durham, selected areas are being targeted to spread the message. For more information see <https://www.durham.gov.uk/weareundefeatable>.

Appendix 1: Summary of weight management information on PSNC website

Training (training record form on PSNC website):

Training of non-registered patient facing staff who provide health advice: Complete the *All Our Health* bitesize training and assessments on Adult Obesity at <https://portal.e-lfh.org.uk/Component/Details/571222> and Childhood Obesity at <https://portal.e-lfh.org.uk/Component/Details/587409>.

Training of registered pharmacy professionals: Complete section 1 and 3 of the CPPE *Weight management for adults: understanding the management of obesity* e-learning and e-assessment at <https://www.cppe.ac.uk/programmes/l/weightman-e-01/>.

Weight management action plan (general action plan on PSNC website):

Update or complete a weight management action plan to describe how the pharmacy will assist a person who would like support with their weight. This should include a list of local and national support or exercise groups (contractors should note that exercise groups should not be recommended on their own but in conjunction with other support groups because exercise on its own has been shown not to lead to weight loss) that the person could be referred to and support materials/tools they could use.

Use the **Healthy Weight Pathway for County Durham to support this action plan.**

Data collection (general data collection form on PSNC website):

Pharmacy teams must proactively discuss weight management with a minimum of 25 patients.

Data collection includes:

- The patient had their BMI calculated and waist circumference measured, including an explanation of the definition of BMI and the potential health impact of each.
- The patient was referred to Local Authority funded tier 2 weight management service (e.g. **Wellbeing for Life or the Move offers**)
- The patient was referred to the NHS Digital Weight Management Programme (for those with hypertension and/or diabetes).

To gain the maximum number of points for this criterion, the pharmacy must have referred at least 4 patients to either a Local Authority funded tier 2 weight management service (e.g. **Wellbeing for Life or the Move offers**) or the NHS Digital Weight Management Programme by 31 March 2023.

Intervention:

Pharmacies are expected to have access to equipment to accurately measure height, weight and waist circumference.

A competent individual within the pharmacy (e.g. a registered pharmacy professional or nominated team member) must be able to offer to measure a patient's BMI using an appropriate BMI calculator e.g. the NHS healthy weight calculator at <https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/>.

Pharmacies must weigh people, calculate their BMI, measure their waist circumference and support those who wish to lose weight through advice and referral to a Local Authority funded tier 2 weight management service (e.g. **Wellbeing for Life or the Move offers**) or the NHS Digital Weight Management Programme which supports adults living with obesity who also have a diagnosis of diabetes, hypertension or both, to manage their weight and improve their health. It is a 12-week online behavioural and lifestyle programme that people can access via a smartphone or computer with internet access (<https://www.england.nhs.uk/digital-weight-management/>).

The NHS Digital Weight Management Programme has produced a video explaining how a pharmacy can make a referral to the Programme (the NHS Digital Weight Management Programme Pharmacy Referral Site is at <https://pharmacy.wmp.nhs.uk/>).