ADULT WEIGHT MANAGEMENT PATHWAY (>16years) - VERSION 12 Opportunistic Screening (in general practice or domiciliary visit), KeepWell **BMI Classification** Screening, Primary Care Disease Registers, Self Referral, Referral from Determine degree of overweight/obesity Specialists or Health Care Professionals Record Body Mass Index 3 BMI Classification Measure waist circumference (where BMI<35) ** (Target groups: those with Impaired Glucose Tolerance, Type II Diabetes, 18.5 - 24.9Healthy Dyslipidaemia, Hypertension, Cardiovascular Disease, Central Obesity) 25 - 29.9Overweight BMI ≤25 BMI ≥25 30 - 34.9Obesity I 35 - 39.9 Obesity II LEVEL 1 >40 Obesity III Healthy Eating/Lifestyle Advice for Weight Maintenance **Record Baseline data** Refer to GP if: BMI ≤25 Waist Circumference Risk ** Community Pharmacists Blood Glucose Health Coaches Blood Pressure Cardiovascular risk Low Increased Substantial >20% and requiring **Practice Nurses** · Blood Lipids Non treatment **Primary Care Staff** <94cm ≥94 -101cm ≥102cm Asian Exercise Referral Staff Men Asian Raise issue of weight and the ≥90cm Men impact on individual's health provide supporting literature Non <80cm ≥80cm ≥88cm Asian Women Asian Re-engage with Is the individual interested and ready to ≥80cm NO Women individual if change lifestyle to reduce weight? opportunity arises YES Non-NHS **Discuss Options** NHS Routes Commercial slimming group (Only those meeting SIGN 8 & NICE criteria -**LEVEL 2** LEVEL 3 Winning Weigh (Groups) Counterweight (1 to 1) LEVEL 5 further guidance provided) BMI >25 +/- co-morbidities BMI ≥30 or ≥28 + co-morbidities Leisure services for physical activity Increased Waist Circumference* Increased Waist Circumference** BMI >50 Exercise referral schemes +/- co-morbidities Walking programmes • Public Health Nurses Practice Nurses Home-based/website self-management Health Coaches Health Coaches weight management programmes Work-based groups Healthy Health Care Assistants (with Working Lives Practice Nurse support) Exercise Referral Staff Exercise Referral scheme or local leisure activities to increase physical activity levels Anticipated outcome - 5 to 10% weight loss. NO After 3 months - have lifestyle changes been YES successful? Is the individual motivated YES Continuation of intervention - 'Weigh & Go' for Winning Weigh and completion of to reduce weight? Counterweight sessions - then annual review Is maintenance of current Consider pharmacotherapy if weight the individual's NO individual meets prescribing criteria preferred goal? {Refer to Tayside Prescribing Guidelines} LEVEL 4 - MEDICAL Use in conjunction with ongoing weight *Specialist Obesity Service management support via Winning Weigh or Counterweight programmes (*Proposed integration of current YES NO specialist obesity service and community dietitians) BMI >40 or BMI ≥35 with at least one comorbidity (must have previously been Annual review & Assess health risks & provide • Individual fails to achieve 10% monitoring of information weight loss seen by Primary Care Team in past year BMI >40 or BMI ≥35 with at least weight and failed to lose at least 10% of body 1 co-morbidity weight) Pharmacotherapy not tolerated or contraindicated · Multidisciplinary team approach • Specialist dietitians (hospital & Intervention community) Clinical psychologist Dietary advice, behavioural change physical activity, pharmacotherapy Consultant physician (All tailored to individual need) • Structured input over 4-month period **Assessment** Clinical & Behavioural LEVEL 5 - BARIATRIC SURGERY YES After 4 months - has individual lost at NO Is the individual motivated to YES - Discuss options **Bariatric Surgical Group** least 10% body weight? reduce weight? and agree intervention Consider surgical intervention in accordance with NICE (2006) Consider support options up to 1 year: guidelines Regular weight • Dundee Healthy Living Initiative healthy lifestyles NO groups monitoring Multidisciplinary team approach • Dietetic led groups Consultant surgeon - led Peer support groups specialist clinic Practice support Specialist dietetic support Individual begins to (These options need to be considered and developed) (hospital & community) regain weight Clinical Psychology & Specialist Nursing support Access to range of community-based workshops provided on a rolling basis: The aim of lifestyle 'Eat Well' education Food skills e.g. interventions is for 5-10% Cooking skills Menu Planning weight loss in those with 0 BMI>25<35 and 15-20% Food Labelling weight loss in those with (These are suggested topics; these could be adapted//changed depending on BMI>35 (SIGN Guidance 115) individual need)