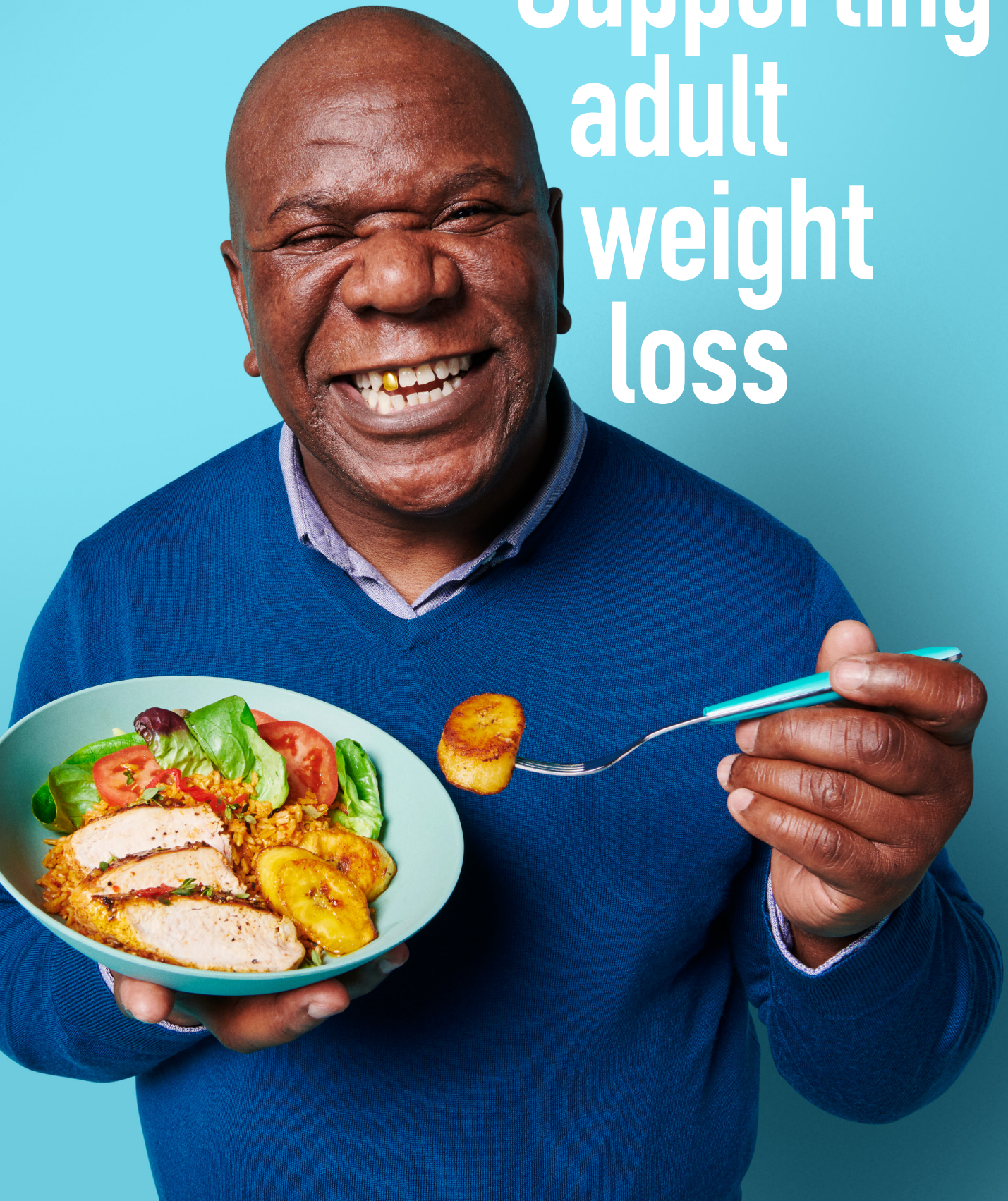


Better  
Health

Let's  
do this

NHS

# Supporting adult weight loss





## How your pharmacy can help adults lose weight

Your pharmacy could help the public start the conversation about weight management.

Obesity is a major risk factor for diseases like type 2 diabetes and cancer, but your team can help direct people to the appropriate weight management support.

The new year is a great 'reset' moment for people to make healthy lifestyle changes. So we've put together this toolkit, as part of the Better Health campaign, to help you steer them towards the right support.

Pharmacies taking part in the **Pharmacy Quality Scheme** can use this toolkit as a starting point for further adult weight management interventions.

## Campaign Materials:

2 x Digital display screens

1 x Campaign messaging toolkit

1 x Downloadable poster

1 x Email and text message guide

If you are unable to use digital resources, printed posters and info cards can be ordered through the Campaign Resource Centre.

Download at:

[campaignresources.dhsc.gov.uk](https://campaignresources.dhsc.gov.uk)

# Free weight management tools and services



## You can direct people to:

### Better Health website

The Lose Weight page is full of weight management tips and advice, and links to services people can access.

### Free NHS Weight Loss Plan app

A 12-week weight loss plan, academically evaluated and statistically proven to help.

## Other helpful services:

Find out if your Local Authority provides Tier 2 weight management services for adults. You can then either signpost or refer people to these services.

### NHS digital weight management

Ideal for adults living with obesity, type 2 diabetes and/or hypertension.

### NHS 'Healthier You' diabetes prevention

Supports people at risk of developing type 2 diabetes to improve their diet and get active.

Further details and information on the above services and how to help people access them can be found on the **Campaign Resource Centre**.

## Want more help to support the public?

The Centre for Pharmacy Postgraduate Education offers an online learning programme – Weight management for adults: Understanding the management of obesity.

Visit [website](#)

The **Healthy Weight Coaches** programme developed by OHID and Health Education England e-learning. Training includes important information on having sensitive and supportive conversations.

Visit [website](#)



# How you can deliver brief weight interventions



## Step 1: Start the conversation

Always ask people's permission before talking about weight, and do it in private.

Determine people's BMI. Offer to measure this for them or allow them to self-report.



## Step 2: Advise

Signpost to the free available options:

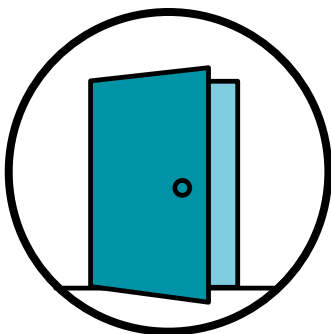
- Start with highlighting the **Better Health website** and NHS Weight Loss Plan app which is available to everyone.
- Hand people the info card which will take them to the Better Health website.
- Based on their eligibility, you should also advise them on the available NHS options. Or, if available, direct them to their local authority for support.



## Step 3: Assist

Formal referrals may also be available – offer to do it on their behalf if so.

If they need to self-refer, make sure you signpost to the right resources and support.



## Remember!

It can be hard for people to talk about their weight. Accept their wishes, but leave the door open for future support.

Further guidance on conversations can be found on the **Campaign Resource Centre** or via the training opportunities listed above.



We'd love to hear how you're using this toolkit to help individuals lose weight. Get in touch with us on [partnerships@dhsc.gov.uk](mailto:partnerships@dhsc.gov.uk)

Make sure that you're registered on the Campaign Resource Centre to be able to download the digital assets and further guidance.

You can register via: [campaignresources.dhsc.gov.uk/resources](https://campaignresources.dhsc.gov.uk/resources)