

Tier 2 lifestyle weight management services for adults

Healthy Cornwall deliver 10-week Healthy Weight programmes with follow-up support offered through weekly weigh in sessions across Cornwall for adults over 18 years of age, supporting people with a BMI ≥ 25 to lose and maintain a healthy weight.

We offer advice on diet following guidelines on healthy eating as shown in the Eatwell Guide discussing the main food groups that form a healthy, balanced diet. We support individuals to increase their physical activity through exercises that can be adapted to suit the individual's needs, reducing sedentary behaviour in an environment that is welcoming, friendly and non-judgemental.

Referred individuals will be invited to a Lifestyle Review (telephone or face-to-face) where a member of the team will discuss their weight, complete a weight assessment (height, weight and BMI) and talk through what to expect from the programme. Individuals can register for one 10-wk Healthy Weight programme within a 12 month period unless re-referred by their GP.

Inclusion criteria:

- BMI $\geq 25\text{kg/m}^2$
- Aged 18 years or over
- Resident in Cornwall or Isles of Scilly
- Motivated and ready to change
- Will commit to attending a 10-wk programme

Exclusion criteria:

- Pregnant or breastfeeding
- Have a known eating disorder
- Have an underlying cause for obesity and would benefit from more intensive clinical management than a tier 2 Service
- Have an unmanaged or unstable condition or comorbidity
- Individuals with more complex needs such as learning difficulties and mental health issues should be considered on a case by case basis. It is suggested a carer supports the individual throughout the programme
- Individuals who meet the criteria for the National Diabetes Prevention Programme should be signposted accordingly

Healthy Cornwall will:

- Accept self-referrals complying with the inclusion/exclusion criteria
- Accept referrals from primary care and other healthcare professionals
- Contact the client within a maximum of 2 weeks of the referral being received
- Where an individual is not eligible for the service, the referrer will be notified and the individual will be signposted back to their GP or other relevant services

Healthy Cornwall

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