

Glasgow and Clyde Weight Management Service Programmes

Patients referred to the GCWMS will undergo an initial assessment carried out by a member of the team. This will include asking dieting and weight history, a review of risk factors, activity levels, mood, weight related problems, and readiness to change aspects of lifestyle in order to lose weight.

For patients eligible for the GCWMS, evidence-based, time-limited weight management interventions will be offered.

The GCWMS is a structured patient education programme. The programme is delivered in a group setting. If there are exceptional reasons why attending a group is not possible, individual support may be available.

Additionally, psychology assessment and input will be offered if indicated by specific problems. Groups will be run at the Mansionhouse Unit and Sir James Clark Building and at local venues.

Reports of patient progress with GCWMS will be provided to GPs and referring practitioners (if different to the GP). The routes to pharmacotherapy and surgical intervention are via GCWMS.

What will the groups involve?

Group programmes are focussed on advice on nutrition and physical activity, underpinned by psychological approaches to support patients with long term health behaviour change.

Participants will learn about many different aspects of weight management e.g. healthy eating, understanding their own eating habits and learning ways to ensure successful weight loss maintenance

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www.nhsggc.org.uk/gcwms

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Why do we need a weight management service?

From the Scottish Health Survey (2009) it was established that over 60% of men and women were either overweight or obese. More men than women were overweight (68 %of men and 61% of women). However, more women than men are obese (26.9% of men and 27.6%of women).

Obesity often starts in childhood, and is more likely in families where both parents are overweight.

The rates of overweight and obesity are concerning as increased weight may give rise to serious complications. Obesity is a major risk factor for heart disease, diabetes, hypertension and premature death.

The prevalence of obesity is increasing throughout the western world. Poor diets and sedentary lifestyles are the main reasons for this.

Body Mass Index (BMI) is the most common measure of overweight / obesity. It is calculated by dividing weight by the square of the height (using kg and metres).

It is a useful measure as the risk of certain diseases is higher for people with a higher BMI.

How to reduce the health risks of obesity

Obesity experts agree that people do not need to achieve an ideal weight to improve their health and feel better. Losing 5-10kg of body weight can lead to significant health improvements and is considered worthwhile (SIGN 2010).

The Glasgow and Clyde Weight Management Service (GCWMS) offers a realistic approach to weight loss and weight loss maintenance in line with the best evidence and guidelines for managing weight problems. Weight loss targets are for modest weight loss, maintained over the long term.

Modest weight loss is considered attainable and improves quality of life in addition to reducing the risk of health problems related to excess weight.

Glasgow and Clyde Weight Management Service

The GCWMS is a specialist service for adults, aged 18 and over, served by NHS Greater Glasgow and Clyde.

The service includes Dietitians, Psychologists, Physiotherapists, Support workers and an Administrative team divided into five clinical and local area teams who are able to respond appropriately to meet changing local and clinical needs.

The type of intervention recommended by the GCWMS depends on the person's weight, age and whether any weight related health problems are present.

Patients are eligible for the GCWMS if their BMI is >30 (with obesity related co-morbidities) or >35 with no co-morbidities.

Referral to the Glasgow and Clyde Weight Management Service

The GCWMS requires certain clinical information in order to function efficiently and safely. As this includes details of medical history and medication.

GCWMS currently only accepts referrals from General Practitioners and hospital consultants/doctors. If interested in being referred to the service patients should discuss it with their GP in the first instance.

For screening and referral guidelines, please view the GCWMS Website www.nhsggc.org.uk/gcwms or visit NHSGG PCD intranet site (see under Dept Sites, Primary Care, Citywide services)

Please refer using SCI Gateway – www.scigw.scot.nhs.uk/web for the most efficient method of referral