Weigh 2 Go Borders (W2GB) is a Tier 2 Adult Weight Management programme developed by LASS with the help of NHS Borders Joint Health Improvement Team and supported by NHS Borders Dietitians. This healthy weight loss programme implements a lifestyle approach. The skills and techniques developed are underpinned by motivational change theory and involve the application of health behaviour change practices. The programme recommends healthy eating not dieting. Patients are offered appointments encompassing information on current dietary and physical activity guidelines and supported to make positive changes where necessary.

**Aim**

- Test/deliver newly developed tier 2 weight management programme for adults 16+ in group setting.
- The programme aimed to support clients with a BMI >25 to lose weight and learn how to maintain a healthier weight. It is designed specifically to achieve Tier 2 requirements as per recommendation by SIGN 115 and NICE guidelines.

**Method**

- Participants were recruited from the Burnfoot area in Hawick from advertisement in the Community Hub and their Facebook page.
- Individuals were asked about barriers to attending sessions.
- Sessions ran weekly from mid October until mid December 2017 and included discussions around Healthy Eating and Physical Activity.
- Text message reminders were sent in the morning of the day when session were run to assure attendance.
- A Facebook group was created to exchange information/ideas.

**Outcomes**

- Participants reported:
  - Increased intake of fruit and vegetables (Graph 1)
  - Decreased intake of ready meals and takeaways (Graph 2)
  - Increased physical activity levels (Graph 3)
  - Increased amount of homemade meals (Graph 4)
  - Reduction of initial body weight, on average 0.5 kg
  - Barriers to attendance included Childcare and current knowledge levels

**References**