Weigh 2 Go Borders (W2GB)

Adult Weight Management Programme

Evaluation of new adult weight management programme

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Background:
NHS Borders uses a 4 tier adult weight management pathway. Currently 1:1 support is available through the LASS Service. Patients with complex issues are supported by the Dietetic Service. The objective of the LASS service is taking forward the wider agenda of primary prevention of heart disease, cancer, stroke and other chronic disease focusing on motivating and supporting lifestyle change.

Weigh 2 Go Borders (W2GB) is a Tier 2 Adult Weight Management programme developed by the LASS with the help of NHS Borders Joint Health Improvement Team and supported by NHS Borders Dietitians. The programme recommends healthy eating and physical activity through motivational change techniques. Patients are offered 12 one to one appointments encompassing information on current dietary guidelines, meal planning and portion control, and supported to recognise their eating behaviours. Mindful eating techniques are used to support positive changes where necessary. W2GB programme also offers an energy deficit model while optimising the management of clinical conditions influenced by weight, e.g. diabetes and sleep disruptions.

Aim
Test newly developed weight management programme for adults 16+ in primary care setting designed specifically to achieve Tier 2 requirements as per recommendation by SIGN 115 and NICE guidelines.

The programme supports clients with a BMI >25 to lose weight and learn how to maintain a healthier weight. To have in place robust data collection with effective monitoring and evaluation against agreed outcomes and create an evidence base to support this approach to reduce by 5-10% of initial weight, and thereafter achieve weight maintenance.

Methodology
This programme was piloted in every GP surgery in Scottish Borders where the LASS service is available. Suitable clients were identified from existing referrals.

Initial and final weight measurements, along with physiological measurements of clients were recorded after a set number of appointments into a database.

Outcomes
• Improvement of diet
• Increased physical activity levels
• Reduction of initial body weight, on average 5 kg
• 4 patients did not find the structure of the programme suitable
• Combined scoring for motivation/wellbeing improved post programme

Recommendations
• Review practitioners pack and incorporate maintenance stage information
• Assure support from Psychology team is available for further training and programme development
• Obtain support from IM&T team to modify LASS database to assure positive patients identification

Next Steps
• Create workbook for clients to support their programme of change. This will include hints, national and local guidelines as well as exercises for clients to do at home
• Test new programme in group setting

Results

<table>
<thead>
<tr>
<th>Number of clients that lost &gt;10% of initial body weight</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of clients that lost &gt;5% of initial body weight</td>
<td>12</td>
</tr>
<tr>
<td>Number of clients that lost 1-5% of initial body weight</td>
<td>14</td>
</tr>
<tr>
<td>Number of clients that lost &lt;1% of initial body weight</td>
<td>5</td>
</tr>
<tr>
<td>Number of clients that gained weight</td>
<td>4</td>
</tr>
<tr>
<td>Total number of clients</td>
<td>38</td>
</tr>
</tbody>
</table>

References:
Department of Health. Developing specifications for Lifestyle Weight Management Services; Best practice guidelines for Tier 2 services. 2015.
NICE. Maintaining a healthy weight and preventing excess weight gain among adults and children. 2015; NICE Public Health guidance 6. Behaviour change at population, community and individual levels. 2015

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