

What we will expect of you:

- We will need to collect a lot of information about you, in particular about your eating habits, activity levels and emotional wellbeing. We will ask you to complete detailed questionnaires at both the beginning and end of the programme.
- We may need you to undergo a number of medical tests or to see other specialists to determine possible causes or consequences of your weight before we can start with treatment.
- Attend every education session over the 6 months.
- Show commitment to increasing your physical activity levels by regularly attending our sessions or provide information about other activities you are doing.
- Weight loss surgery may be considered in a small number of patients. We will need to see commitment to change in lifestyle over a number of months before we consider bariatric surgery. This will include good attendance and active involvement in the group or one to one programmes. We will usually ask you to achieve an individualised target weight loss too. This is to ensure the best possible results from surgery for you.
- The healthcare team will meet at the end of the 12 sessions to assess your progress and to determine your on-going care.

Where can I find out more?

If you require any additional information about the service please contact:

Specialist Weight Management Team on ☎(01803) 654823.
www.torbayandsouthdevon.nhs.uk/specialistweightmanagement



**PATIENT
INFORMATION**

Level 3 Specialist Weight Management Service

You have been invited to consider this service because your weight is likely to cause health problems in the future if it isn't already doing so.

This service is designed to help patients who are struggling to manage their weight and builds on the Level 2 programmes available in Torbay and South Devon that you may have previously attended.

In order to lose a lot of weight it is going to be important to recognise the causes of weight gain and to make a commitment to life-long changes in lifestyle, particularly eating habits and physical activity levels.

As you probably realise there are no easy fixes; most people who come to our clinics have been making efforts to lose weight for many years. Some people are often interested in surgery for weight loss (Bariatric Surgery). While it can be a very effective treatment, people undergoing surgery will only get good results without problems if they make major changes to their lifestyle. **You do not have to be interested in bariatric surgery to attend this course** but you will have the opportunity to discuss the route to surgery if this is something you have considered.

You will be encouraged to make changes gradually, in a step wise approach. Our attitudes towards food and our eating habits are learned from a very early age and are deeply entrenched, so it is not surprising that it takes time for us to change. Whilst we will explore practical ways to improve our diets, the behavioural approach of this programme will also encourage you to explore the factors that stop us making changes and the things that help.

We will be supporting you to move away from dieting with strict rules and lists of good or bad foods, to being more flexible and realistic about what you eat and how you approach weight loss. It is also about learning how to accept and value yourself for who you are, regardless of weight or shape.

Who are we?

The service is provided by a specialist healthcare team who all have extensive experience in helping patients who have trouble managing their weight. This team includes:

- **Specialist doctors** – to ensure you receive the medical care and advice required.
- **Dietitians** – to provide practical and personalised diet advice and support.
- **Clinical Psychologists** – to help you deal with barriers you may have towards changing your lifestyle.
- **Physical Activity Specialists** – to provide support for you to maximise your physical activity levels at home, at work, and within our structured activity sessions.

What we offer:

Initial Assessment

A comprehensive initial assessment to provide your healthcare team with a detailed understanding of your current health and lifestyle so that a treatment plan specific to your needs can be designed. The treatment plan will be group sessions, or in very exceptional circumstances a one to one programme may be offered.

Group Education

Fortnightly group education sessions delivered by the Dietitians, Psychologists and Physical Activity Specialists for up to 1 hour 45 minutes. This is 12 sessions over 6 months. These sessions will provide you with practical information on how to improve your diet and physical activity levels, as well as providing you with the psychological support to help you change your lifestyle.

Physical Activity

Weekly physical activity sessions each lasting 45 minutes. These follow on after each education session but we also offer the flexibility for you to attend any activity session on the timetable and weekly over the 6 months.