|  |  |  |  |
| --- | --- | --- | --- |
| **Assessment of the health risks associated with excess weight in adults based on BMI and waist circumference** | | | |
|  | **Waist circumference** | | |
|  | **Low:**  **Men <94cm**  **Women <80cm** | **High:**  **Men 94-102cm**  **Women 80-88cm** | **Very high**  **Men >102cm**  **Women >88cm** |
| **Overweight** | No increased risk | Increased risk | High risk |
| **Obesity** | Increased risk | High risk | Very high risk |

|  |  |
| --- | --- |
| **Obesity Classification** | **BMI (kg/m2)** |
| **Healthy** | 18.5-24.9 |
| **Overweight** | 25-29.9 |
| **Obesity I** | 30-34.9 |
| **Obesity II** | 35-39.9 |
| **Obesity III** | 40 or more |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Recommended intervention according to risk classification for developing long term health problems**  **(risk classification score 1-4)** | | | | |
| **BMI** | **Waist circumference** | | | **Comorbidities present** |
|  | Low | High | Very High |  |
| **Overweight** | 1 | 2 | 2 | 3 |
| **Obesity I** | 2 | 2 | 2 | 3 |
| **Obesity II** | 3 | 3 | 3 | 4 |
| **Obesity III** | 4 | 4 | 4 | 4 |

|  |  |
| --- | --- |
| Risk classification | Recommend |
| 1 | General advice on healthy weight and lifestyle |
| 2 | Diet and physical activity |
| 3 | Diet and physical activity; consider medication |
| 4 | Diet and physical activity; consider medication; consider bariatric surgery |

Swindon weight management in adults with type 2 diabetes and obesity guidance

**Medication-** offer Orlistat, 120mg tds, in conjunction with a low-fat diet, to help those who are unable to lose weight by lifestyle-change alone. As patients lose weight, medication may need to be reviewed.

**Physical activity**

* Encourage to take 45 minutes or more of exercise per day that raises heart rate (moderate intensity), 5 times per week.
* Start slowly, in 10 minute blocks and build up.
* People who have lost weight may need to do 60–90 minutes of activity a day to avoid regaining weight, but many find this difficult to achieve.
* Reduce long periods (e.g. more than 40 minutes) of sedentary activity (sitting).

**Diet**

* Reduce intake of alcohol, sweet and fatty foods (particularly those high in saturated and trans-fatty acids)
* Reduce portion sizes, except for fruit and vegetables, unless fruit intake is exceptionally high.
* Encourage regular meals
* Use high-fibre, low-glycaemic-index sources of carbohydrate in the diet, such as fruit, vegetables, whole-grains and pulses;
* Include low-fat dairy products and oily fish.
* Discourage the use of foods marketed specifically for people with diabetes.

**Weight management**

* Aim for a maximum weekly weight loss of 0.5 – 1kg after the first 3 weeks of losing weight (initially weight loss can be greater).
* Set an **initial body weight loss** target of 5–10%.
* If weight loss is difficult to achieve, aim to prevent weight gain. If weight target is achieved, discuss whether further weight loss targets can be set.

Prepared by Fiona Dickens, Public Health Programme Manager, Swindon Borough Council;

Use clinical judgement when considering risk factors in the following groups, (even in people not classified as overweight or obese), using the classification of degree of overweight or obesity:

Highly muscular adults, older people, very inactive people/ low muscle mass and Asian and black origin (NICE suggest a healthy weight range:

* BMI less than 23kg/m2 for Asian and black men and
* a waist circumference of less than 90cm (35 inches) for Asian men)

**Bariatric surgery** – See Swindon bariatric surgery policy



**Useful resources**

**Local weight management courses:**

1. **Dietbusters , Weight Watchers or Slimming World**  -Free 12 weeks of adult weight management programme through Swindon Borough Council through health professional referral for adults meeting this inclusion criteria
   * + aged 16 years or over, and
     + have a body mass index (BMI) of 30 kg/m2 or greater or a waist circumference of 94cm or more in men or of 80cm or more in women, and
     + are ready to tackle their weight, and meet at least one of the following criteria:
     + have type II diabetes and /or are eligible for free prescriptions and/or have a mild learning disability and/or are on the mental health register and are able to attend groups and /or booked for elective hip or knee replacement surgery and BMI of 35 or more.
     + To refer email: Adultweightmanagement@swindon.gov.uk; Tel: 01793 464904; 07342 024126.
2. **Lift psychology “Healthy Habits for Body and Mind” course**-patients can book a free place via the website [www.seqol.org/lift-psychology](http://www.seqol.org/lift-psychology) or call 01793 835710.
3. **Football Fans in Training**- for men aged 35–65 years with a BMI of ≥ 28 kg/m2 or a waist circumference of 38 inches or more. This costs £5/ session- <http://stfitc.co.uk/?p=5395>

**On-line recourses:**

1. **NHS Choices weight loss programme** ([www.nhs.uk/livewell/weight-loss-guide/Pages/weight-loss-guide.aspx](http://www.nhs.uk/livewell/weight-loss-guide/Pages/weight-loss-guide.aspx)) includes a free 12 week weight loss online programme.
2. **Swindon diabetes website** ([www.swindondiabetes.co.uk/diabetes-care-swindon/services/weight-management-services/](http://www.swindondiabetes.co.uk/diabetes-care-swindon/services/weight-management-services/)) has local weight management information.

**The Live Well Hub** is a one stop shop for Swindon residents to access a range of lifestyle programmes including stopping smoking, weight management, walking groups, cycling, supervised gym sessions, disability sport and other wellbeing support services. Individuals can self-referral to Live Well Swindon by contacting the Hub Contact: Tel 01793 465513 or email livewell@swindon.gov.uk or livewellswindon@nhs.net

**References**

National Institute for Health and Clinical Excellence. NICE clinical guidance 189. Obesity: identification, assessment and management. London, 2014. Available from - [www.nice.org.uk/guidance/cg189](http://www.nice.org.uk/guidance/cg189)

National Institute for Health and Clinical Excellence. NICE guidance 28. Type 2 diabetes in adults: management. London, 2015. Available from- [www.nice.org.uk/guidance/ng28](http://www.nice.org.uk/guidance/ng28)

**Local physical activity resources:**

1. **Dietbusters programme** (see Local weight management courses above) provides 45 minutes of physical activity at an individualised level each week for 12 weeks. This course is suitable for people with physical disabilities as it is adapted to individual need.
2. **Swindon Health Walks** ([www.walkingforhealth.org.uk/walkfinder/south-west/swindon-health-walks](http://www.walkingforhealth.org.uk/walkfinder/south-west/swindon-health-walks)). Includes 14 free weekly walks, including three groups offering a weekly 20 minute gentle walk and one incorporating gentle seated exercises. The seated exercises can be used for people with certain disabilities. Contact: Emma Sperring; tel. 01793 465413; email ESperring@swindon.gov.uk .
3. **Park run**, a free weekly 5km timed run- [www.parkrun.org.uk/swindon/](http://www.parkrun.org.uk/swindon/)
4. **Shin Splints** a free weekly running club who support those who want a gentle introduction to running- <http://gouldings.wix.com/swindon-shin-splints>
5. **Cycling-Learn to Ride**. Free spaces available on weekly sessions at County Ground Athletics Track, including for people with disabilities. Several different types of adaptive bikes are available. Most bikes can switch from free-wheel to fixed wheel systems; this means that users who have difficulty pulling pedals upwards or completing full circles can be aided by continuous turning and momentum. Contact: Ben Humphrey on 01793 465404 or email [bhumphrey@swindon.gov.uk](mailto:bhumphrey@swindon.gov.uk) or contact referral to lifestyle service - see information on this sheet.
6. **Disability sport**- provides a range of sporting opportunities for people with learning and/ or physical disabilities. Contact Ben Humphrey- see above point. <http://www.disabilitysportswindon.co.uk>

**On-line recourses:**

1. **Swindon travel choices** ([www.swindontravelchoices.co.uk/](http://www.swindontravelchoices.co.uk/)) offer a comprehensive range of information on walking and cycling in Swindon, including a walking journey planner, a Swindon cycle map and ideas for local, circular walks.
2. **NHS choices** ([www.nhs.uk/livewell/fitness/Pages/Fitnesshome.aspx](http://www.nhs.uk/livewell/fitness/Pages/Fitnesshome.aspx)) includes information on getting fitter, including home exercise workouts, podcasts to increase flexibility or to help you to start running (from couch to 5K).
3. **Swindon diabetes website** ([www.swindondiabetes.co.uk/diabetes-care-swindon/services/physical-activity-services/](http://www.swindondiabetes.co.uk/diabetes-care-swindon/services/physical-activity-services/)) has local physical activity information.
4. **The Mental Health Foundation** offers a range of free wellbeing audio podcasts, which include physical activity - [www.mentalhealth.org.uk/help-information/podcasts/](http://www.mentalhealth.org.uk/help-information/podcasts/)

**Weight management in type 1 diabetes**

1. Patients should be referred to a diabetes specialist dietitian through the dietetic department at the Great Western Hospital, Swindon

**Healthy eating advice**

1. NHS choices provides healthy eating advice and information- [www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx](http://www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx)
2. Swindon diabetes website ([www.swindondiabetes.co.uk/support/helpful-diet-information/](http://www.swindondiabetes.co.uk/support/helpful-diet-information/)) has dietary advice.