

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

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



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 those of 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)

Obesity Classification	BMI (kg/m ²)
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 (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

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.

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.

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).

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.

Bariatric surgery – See Swindon bariatric surgery policy



Useful resources

Local weight management courses:

1. **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, and
 - are ready to tackle their weight, and meet at least one of the following criteria:
 - are eligible for free prescriptions
 - 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 or call 01793 835710.
3. **Football Fans in Training**- for men and women 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) includes a free 12 week weight loss online programme, plus links to NHS Choices advice.
2. **Change4Life Be Food Smart app** -this free app allows you to scan food packaging barcodes for sugar, fat and salt content - www.nhs.uk/Tools/Pages/be-food-smart.aspx
3. **Swindon diabetes website** (www.swindondiabetes.co.uk/diabetes-care-swindon/services/weight-management-services/) has local weight management information.
4. **My Fitness Pal** - a free website and free app that allows you to log and count your food calories and calories you burn from exercise - www.myfitnesspal.com/

Healthy eating advice

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

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

Local physical activity resources:

1. **Step out Swindon**, 9 weekly volunteer led walks, including one gentle 30 minute walk. Self funding. Contact - Grahame Lee, Volunteer Scheme Co-ordinator- 07932 109209/ gcleecplee@btinternet.com; www.walkingforhealth.org.uk/walkfinder/step-out-swindon
2. **Park run**, a free weekly 5km timed run- www.parkrun.org.uk/swindon/
3. **Shin Splints** a free weekly running club who support those who want a gentle introduction to running- <http://gouldings.wix.com/swindon-shin-splints>
4. **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 or contact referral to lifestyle service - see information on this sheet.
5. **Inclusive activities**- 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 resources, apps and pedometers:

1. **Swindon travel choices** (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)- 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/) has local physical activity information.
4. **The Mental Health Foundation** offers a range of free wellbeing audio podcasts, which include physical activity - <https://www.mentalhealth.org.uk/podcasts-and-videos/podcasts-for-your-wellbeing>.
5. **Virtual online challenges**- there are many choices online. 2 good options are www.raceatyourpace.co.uk/ (has a cost, but you get medals) and <https://worldwalking.org/about> (this is free).
6. **Walking apps and pedometers**- a fun way to increase walking is to get a smartphone app (many are free) or pedometer to track your steps and then try to increase them on a weekly basis. If you are inactive, a good app is the free Public Health England Active 10 app- www.nhs.uk/oneyou/active10/home#JB8wVi93wosAauPv.97

The Live Well Hub is a one stop shop for Swindon residents to access a range of lifestyle programmes including 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

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