



# Gloucestershire Weight Management Project

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- Set up in December 2002
- Comprises:
  - 1.2 wte dietitians
  - 0.5 wte physical activity specialist
  - 0.4 wte administrator



# Facilitators' Toolkit

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- Introduction
- Principles of Weight Management
- Patient Selection & Assessment
- Initiating Treatment
- Establishing Weight Loss
- Addressing Barriers to Weight Loss
- Weight Maintenance
- Drug Treatments



# Course Aim

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To develop knowledge, skills and confidence to facilitate weight management effectively



# Session One

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## Course content:

- Introductions and housekeeping
- Weight management issues – starting points
- Current practice
- Myths and misconceptions
- What does work
- Issues we need to address



# Session One

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- Roles and responsibilities
- Motivation
- Role play
- 'Thinking about change' exercise



# Session One

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- Assessing your patient
- Self-monitoring using a food diary and pedometer
- Lifestyle changes
  - Physical activity
  - Eating
- Round up



# Session Two

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## Course content:

- Welcome and housekeeping
- Overview of Session One
- Self-monitoring exercise
- Goal setting and making changes
- Behavioural strategies
- Other treatment options



# Session Two

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- Identifying barriers to weight loss
- Weight maintenance
- Role play exercise
- Children
- Round up
- Evaluation



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