

# The Counterweight Project

**Counterweight Project Team**

Sarah Haynes

Obesity and Dietetic Practice, DOM UK

# Counterweight Model

- ❑ An evidence-based model for obesity management in Primary Care
- ❑ Piloted in 80 practices around the UK from 2000-2005
- ❑ Feasible and effective model
- ❑ Adapted for roll out

# Obesity Management Strategy

## Community/Environmental Activity

Public Health initiatives and Health Promotion campaigns

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## Primary Care Intervention

Counterweight trained staff (GPs and PNs), Dietitians

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## Specialised Secondary Care Service

Medical Dr, Psychologist, Specialist Dietitian

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## Surgery

Referral option from the secondary care service

# The Counterweight Project



# Counterweight Structure

- 2 Weight Management Advisers train and support 10 practices
- Preliminary meeting with practices
- 1 hour whole practice training
- 6 hours nurse training
- 6 hours/month support for up to 6 months
- Practices can expect to treat 60-100 patients per year

# Practice Training

- Screening and assessment of patients
- Raising weight as an issue
- Stages of change model
- Benefits of modest weight loss
- Treatment pathway
- Monitoring and follow up

# Nurse Training

- Causes of obesity
- Healthy eating and physical activity
- Energy balance
- Weight loss expectations
- Behaviour change strategies
- Counterweight pathway
- Individual and group programmes
- Pharmacotherapy

# Treatment Pathway

Discuss weight loss target:  $\geq 5-10\%$  weight loss

## First Line – Lifestyle Intervention

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Group Programme or  
1:1 Goal setting or  
1:1 Calorie deficit plan  
with exercise referral scheme, if available

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## Second Line – Additional Interventions

Pharmacotherapy  
Dietitian referral  
Psychology referral  
Secondary Care referral

Weight Maintenance

# Programme Materials

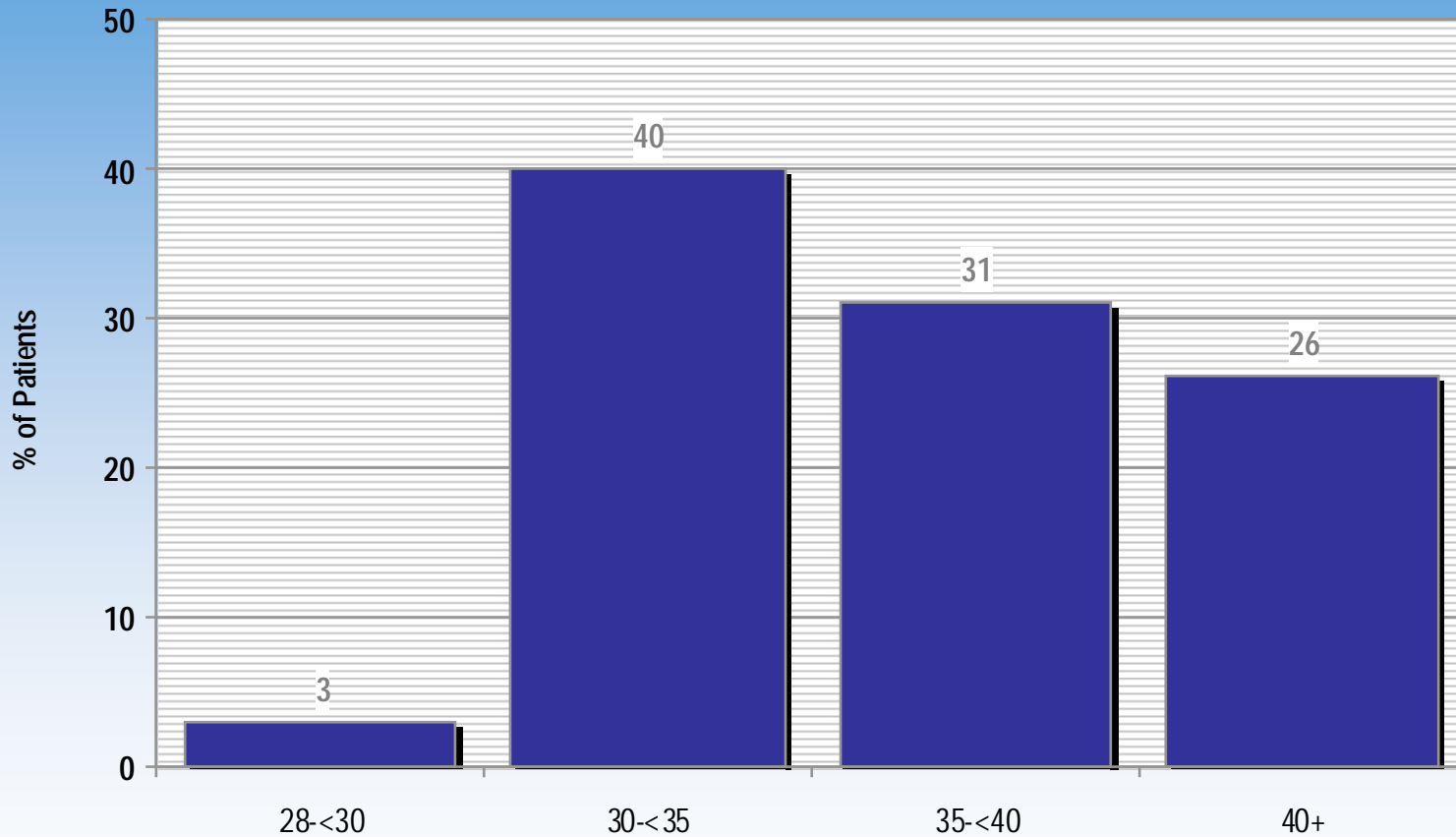


# Patient Intervention

- ❑ 6 appointments or group sessions over 3 months
- ❑ 3 monthly follow up for 1 year then annual review
- ❑ Aim to achieve  $\geq 5-10\%$  weight loss, then weight maintenance



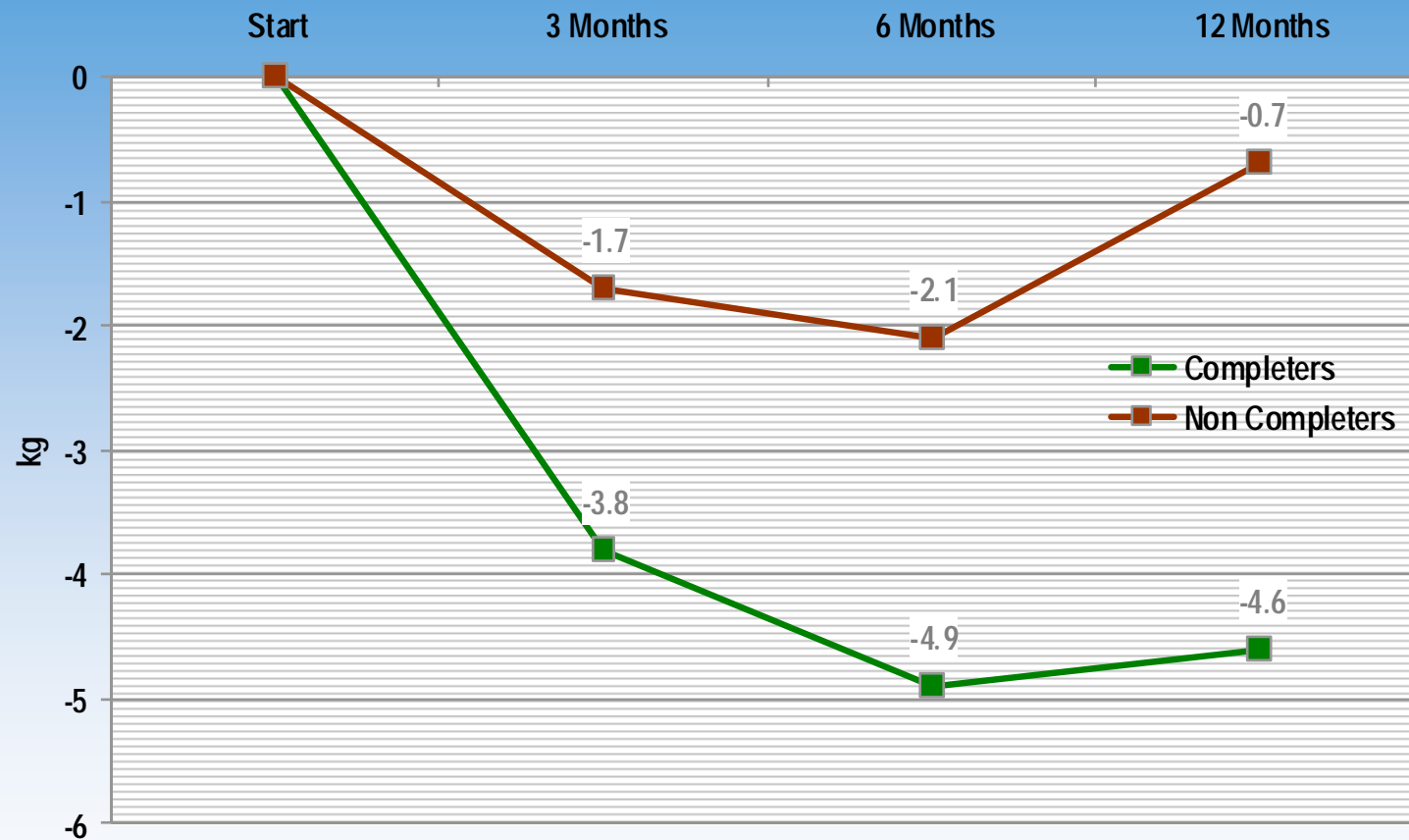
# Body Mass Index at Baseline



46% Eligible for Bariatric Surgery Assessment : NICE Guidelines

74% had at least 1 Co-morbidity

# Mean Weight Loss



n=446 All p < 0.001  
*Int. J Obesity, 2004; 28 (suppl. 1): S29*

# What the Practice Nurses said

- Resources : a toolkit
- Empowerment : evidence based practice
- Support : for the whole practice
- Pathway : plan of action
- Evaluation : audit of results
- Confidence : up to date knowledge
- Treatment : choices on a defined pathway

# Current Roll Out

- ❑ PCTs currently may purchase Counterweight package
- ❑ Package covering 10 practices for £10k
- ❑ All training, resources and expert support included
- ❑ Ideal fit for the training and treatment sections of local obesity strategies

# Evaluation Structure

- Number of patients offered weight management intervention
- Number of patients attending Counterweight service
- Proportion of patients completing the programme
- Number and proportion of patients achieving weight loss targets of 5% or more at 12 months

# Future Vision

- ❑ A specialist RD can train and support 20 average-sized general practices in one year
- ❑ In year 1 each PCT/Health Board will be asked to put forward a NHS dietitian to buddy with Counterweight
- ❑ In year 2 PCTs will be asked to fund a dietetic post to continue to roll-out and extend the programme
- ❑ The Counterweight WMA will move to a new PCT
- ❑ This will make the programme sustainable within the NHS team

# Summary

Counterweight is the first published large scale primary care weight management programme in the UK to show clinically effective weight reduction using a structured approach to care.

[www.counterweight.org](http://www.counterweight.org)