

Wakefield Weight Management Support Service Overview for Pharmacy Teams

Who Can Provide the Service?

Any member of the pharmacy team can provide this service. Staff must be able to take accurate measurements, (weight and BMI), and have read (and understood) the service specification. It is recommended that where possible, the same member of the team provides the service to the client at each of their appointments. This will help establish relationships and make some clients more at ease when coming in to be weighed.

What Does the Service Entail?

The service involves taking basic measurements, such as weight and BMI, and providing support and encouragement alongside healthy living advice. The service consists of:

- **An initial consultation** – the customer will be supplied with a weigh-in record card, (for them to keep and bring to each appointment). They will be weighed, and the measurements, weight and BMI, recorded on both the customer's weigh-in record card and PharmOutcomes. The customer should also be provided with appropriate health literature at this point and signposted to additional support where appropriate.
- **Follow up checks (as agreed with the customer)** – it is recommended that weight and BMI are taken at 2-weekly intervals, but can be more or less frequent, as agreed with the customer. Measurements should be recorded on the customer's weigh in record card and PharmOutcomes to review progress.
- **Referral (where appropriate)** – customers needing further support to lose weight can be referred to the Local Authority funded tier 2 weight management service or the **NHS Digital Weight Management Programme** (where the criteria for referral is met – see weight management referral below).

ALL consultations under this service MUST be provided in the consultation room.

Who is Eligible?

Any Wakefield resident aged over 18 years. The service can be provided to anyone that wants to lose weight or wants to maintain a healthy weight. Patients can self-refer or be recruited into the service.

Weight Management Referral

- Customers with a BMI > 40 should be encouraged to contact the Wakefield Council Referral Services (Aspire Health Referral) for further specialist support. Customers can either self-refer or a member of the pharmacy team can make the referral on their behalf (consent required). See <https://www.wakefield.gov.uk/sport-health-and-leisure/healthy-living/aspire-health-referral>
The Aspire Health Referral team can also be contacted on 01924 307811 or by email, aspirereferral@wakefield.gov.uk
- Alternatively, customers who meet the criteria, (see below), may be referred, (consent required), to the NHS Digital Weight Management Programme - [NHS Digital Weight Management programme pharmacy referral site](#).

Referrals to the NHS Digital Weight Management programme are accepted for those who meet all of the following criteria:

- over the age of 18
- has a BMI of 30+ (adjusted to ≥ 27.5 for people from Black, Asian and ethnic minority backgrounds)
- has a diagnosis of diabetes (type 1 or type 2) or hypertension or both.

How to Claim

Pharmacies will be paid £3 plus VAT for each recorded weigh-in. Payments will be made based on activity recorded on PharmOutcomes.

Recording on PharmOutcomes

All consultations must be entered onto PharmOutcomes within one week of the consultation.

At the client's **initial consultation**, you will need to complete a registration section on PharmOutcomes. This only needs to be completed ONCE for each client. There are step by step instructions available, (if required), on how to record activity for this service on PharmOutcomes. These are available on the CPWY website at <http://www.cpw.org/pharmacy-contracts-services/local-services-enhanced-/weight-management-service.shtml>

Resources

Each participating pharmacy will be provided with an assortment of leaflets/resource packs to aid with service delivery. Pharmacy teams may also want to review the PHE [Let's Talk About Weight infographic](#) and the PHE [Let's talk about weight: a step-by-step guide to brief interventions with adults for health and care professionals](#) guidance as they may be a helpful support.

Note – there will be a national weight management campaign in January, (one of the mandatory health campaigns all contractors are required to participate in), and it is expected that all contractors will receive campaign materials which could be used to promote the service.

Some Background Info

Healthy Weight – Why Is It a Priority?

Maintaining a healthy weight and taking regular exercise are vital for long-term health and wellbeing. As well as affecting confidence and self-esteem, being overweight can lead to health problems, including type 2 diabetes, heart disease, stroke, dementia, osteoarthritis, and some cancers in later life. Recent evidence also suggests that good nutrition is essential for our mental health.

There are several factors that contribute to a person's weight such as environment, family history and genetics, metabolism, (the way the body changes food and oxygen into energy), and behaviour. The best way to lose weight is steadily, through a combination of healthy eating, eating less and taking regular exercise.

What Does Your BMI Mean?

There are a number of ways in which a person's health in relation to their weight can be classified but the most widely used method is body mass index, (BMI), which is a measure of whether a person is a healthy weight for their height. To calculate BMI, a [BMI healthy weight calculator](#) can be used. For most adults, a BMI of:

- 18.5 to 24.9 represents a healthy weight which should be maintained. It is still important to eat a healthy, balanced diet and to keep active.
- 25 to 29.9 is above the ideal range and therefore is classed as being overweight. Being overweight increases the risk of suffering weight-related illness.
- 30+ is classed as obese (40+ classed as severely obese). People in this range are at greater risk of health problems such as heart disease, diabetes and some cancers.

BMI isn't used to definitively diagnose obesity, because people who are very muscular sometimes have a high BMI without excess fat. But for most people, BMI is a useful indication of whether they're a healthy weight, overweight or obese. Generally, the higher the BMI, the bigger the potential risk to health.

Key message

A BMI above the healthy weight range can increase the risk of serious health problems, like heart disease, type 2 diabetes, stroke and certain cancers.

For more information on healthy weight:

- <https://www.nhs.uk/better-health/>
- <https://www.nhs.uk/live-well/healthy-weight/12-tips-to-help-you-lose-weight/>
- www.nhs.uk/oneyou/weight
- <https://www.nhs.uk/live-well/healthy-weight/start-losing-weight/>