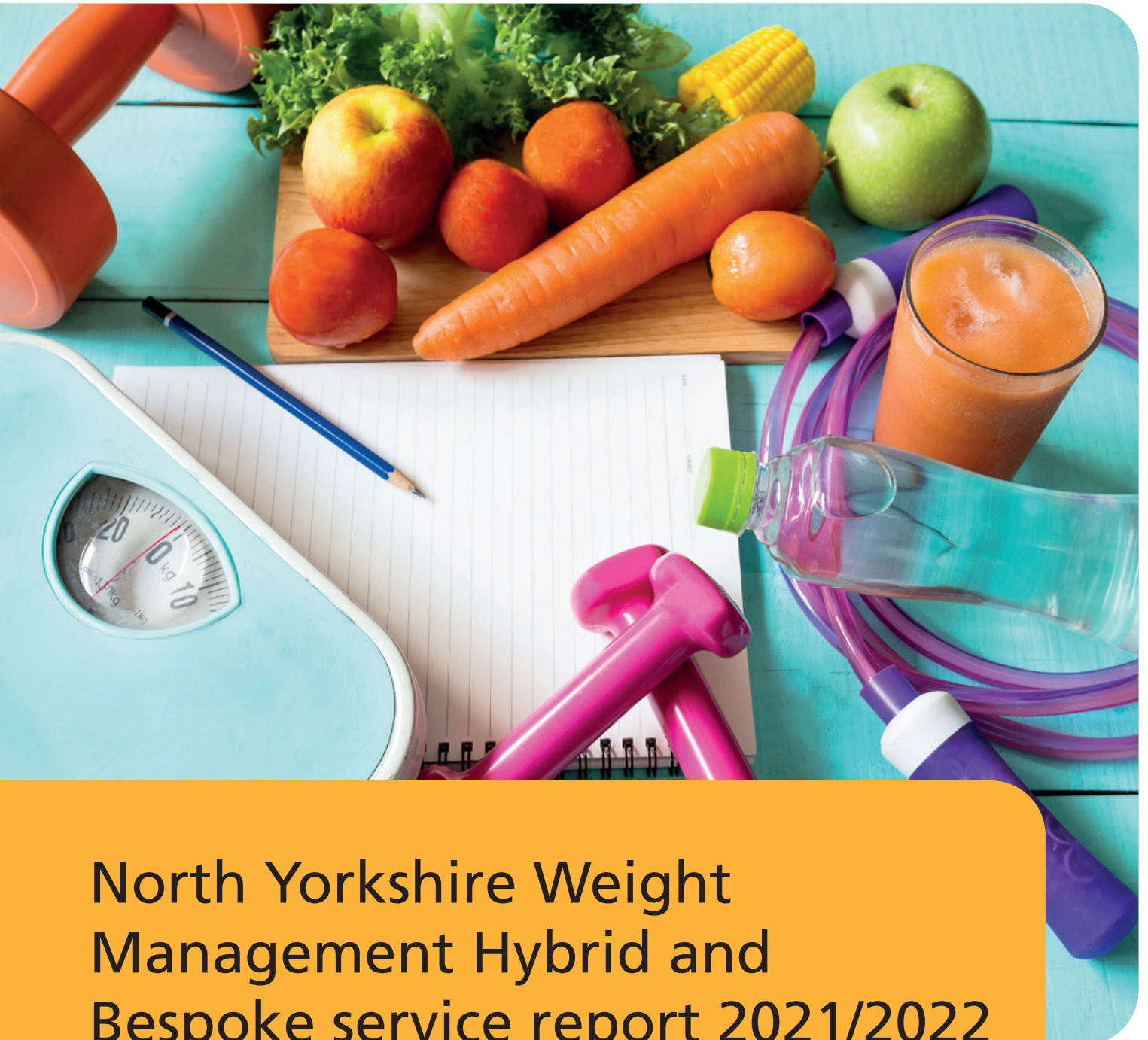




Scarborough & Ryedale
NHS Weight Management Service



Humber Teaching
NHS Foundation Trust



North Yorkshire Weight Management Hybrid and Bespoke service report 2021/2022



YOURhealth
Prevention and Lifestyle Services

Setting up the bespoke groups - collaboration with learning & disability partners

Research through speaking with leaning disability dieticians, consultants, nurses and advocates

Training provided by speech and language therapy and the learning disability support team

Meetings with learning disability advocates providing feedback on our weight management booklet

What we did:



Set up 3 bespoke classes in Whitby, Scarborough and Malton



Ensured each class had no more than 5 clients per advisor



Initial assessments were longer, giving client / advisors more time to get to know each other prior to starting the programme



Extended the 12 week 5% target to 18 weeks



Created a bespoke easy to read booklet with much more visuals for the clients



Course delivery was adapted, more practical learning with Visual aids

What we learnt:



- > To adapt to an audience with learning disability requirements
- > Small classes to build rapport with clients easily
- > Adapt programme material for learning disability clients
- > Have a flexible approach for each group session

Bespoke groups outcomes and achievements

30 clients referred in and completed initial assessments

Whitby x8
Scarborough x12
Malton x10

11

withdrew early in the programme due to covid restrictions, carer availability and commitments but all received their 1-1 assessment and addressed goals.



19

clients continued on with the course and completed at least 12 weeks.



38%

achieved their weight loss target by week 18 and have gone on to maintain this

Client feedback:



'I now have a clearer understanding of food labels, enabling me to make healthier food choices'.



'I loved the exercise part and now take part in more physical activity each week'.



'The groups were fun to attend, I wish they did not end'.

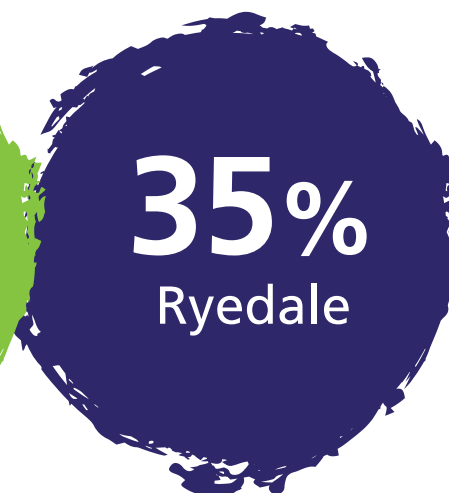
'I now try to eat 5 fruit and veg per day'.

Meet the team




Our weight management advisors cover classes in Scarborough, Whitby, Filey, Malton and Pickering all face to face and in the community, which this year have included 3 bespoke learning disability groups. We also deliver 5 virtual classes using Microsoft teams, enabling those that work 9-5 the ability to join the programme.

Supported 702 new clients



Of these
65% face to face
35% virtual

65%
of those that the
completed the course,
achieved their 5% weight
loss target by week 12



90%
of those that
achieved,
maintained that
loss at 24 weeks



98%
of clients rated
the service either
good or excellent



Client testimonial – Male 60

"Following the 6 months of working with the weight management advisor helped me no end with encouragement during our weekly on line meetings. The meetings also help with ideas on weight loss and encouraging the suggested exercising. The result after 6 months was a loss of 14 kgs which I am very pleased with and will continue with as I wish to lose some more weight before the end of the year and work on not regaining the loss in the future".



Results

Start weight
119kg
BMI 38.9
Finish weight
104.7kg
BMI 34.2
Weight loss 15kg

1. GP referred to weight management service

2. Client started virtual weight management service

3. 1900 calorie limit set
Weight loss starts

4. Continued attendance at virtual class and small changes being made each week

Client testimonial – Female 33

"I started to gain weight after I had my children and once they had started school I realised I needed to pay myself some attention. I started visiting the gym and lost a little but noticed that I was still eating the same foods and amounts as previously. Heard about this programme and made an appointment. I am still active, but try to ensure that I am doing a range of different activities. I have addressed my food and have learnt so much in the 12 weeks, food labels and portions control and now have a better way of eating ensuring I eat what I need and not too much. Lost a stone in the first 12 weeks meeting my target, I hope to also lose another stone in the next 12 weeks".

26 Big Mac burgers =
1 Stone



Results

Weight loss 6.5kg
BMI reduction
37.9 – 35.6

1. Saw a poster and rang up to book appointment – 2 weeks later started the programme face to face sessions.

2. Was already exercising but immediately started to reduce amount of food at one time and started to lose weight.

3. Addressed labels and read all foods to ensure they were in the green

4. 1 stone lost in 12 weeks
Feel much fitter and do not need the amount of food she was previously consuming.

Looking forward to continuing