

## **Weight Management Resources for pharmacy teams**

This document covers all areas of Devon, Plymouth and Torbay, and aims to give pharmacy teams information to help support the 2020/21 Pharmacy Quality Scheme requirements around weight management (Domain 2 – Prevention)

### **General Website resources:**

These are useful for signposting patients to and also as a resource to access in the pharmacy. Much of the content overlaps, but each website has its own style, so there is likely to be one that suits you, whoever you are!

#### **NHS Better Health:**

This has a specific page for losing weight

<https://www.nhs.uk/better-health/lose-weight/>

and other, related areas are covered in the overarching page:

<https://www.nhs.uk/better-health/>

#### **NHS Weight loss plan:**

This is a different NHS resource and will appeal to different people

<https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/>

#### **BDA (Dieticians) weight loss fact sheet:**

Good general information about weight loss and diet, not dieting:

<https://www.bda.uk.com/resource/weight-loss.html>

#### **Diabetes UK:**

information which includes good advice about how to take a waist measurement and advice about different types of healthy and lower calorie diet plans:

<https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/whats-your-healthy-weight/lose-weight>

#### **British Heart Foundation**

This page has a slightly different perspective, and links to many other stories that could provide encouragement and motivation to become more healthy

<https://www.bhf.org.uk/weight>

[file:///C:/Users/efemeyr/Downloads/m2\\_facts\\_not\\_fads\\_weight%20\(3\).pdf](file:///C:/Users/efemeyr/Downloads/m2_facts_not_fads_weight%20(3).pdf)

### **Area specific Services:**

Each local authority (via their Public Health obligations) has a commissioned service to help people lose weight, providing individual and face-to-face support. These are explained below:

#### **Devon:**

The commissioned service in Devon is One Small Step <https://onesmallstep.org.uk/>

Their weight loss page is <https://onesmallstep.org.uk/services/healthy-weight/> and people can access the service by phoning or using the online contact form on the webpage.

**Torbay:**

Torbay's service is called Healthy Lifestyles

<https://www.torbayandsouthdevon.nhs.uk/services/healthy-lifestyles/>

Details of how people can contact the service are on this webpage

**Plymouth:**

One You Plymouth is the commissioned service in Plymouth

<https://www.oneyouplymouth.co.uk/>

outlines how people can contact with the service

**The websites of all three areas are up to date with regard to Covid 19 changes and are the best place to look for information on the current options, so we have not provided much detail other than the website addresses in this document.**