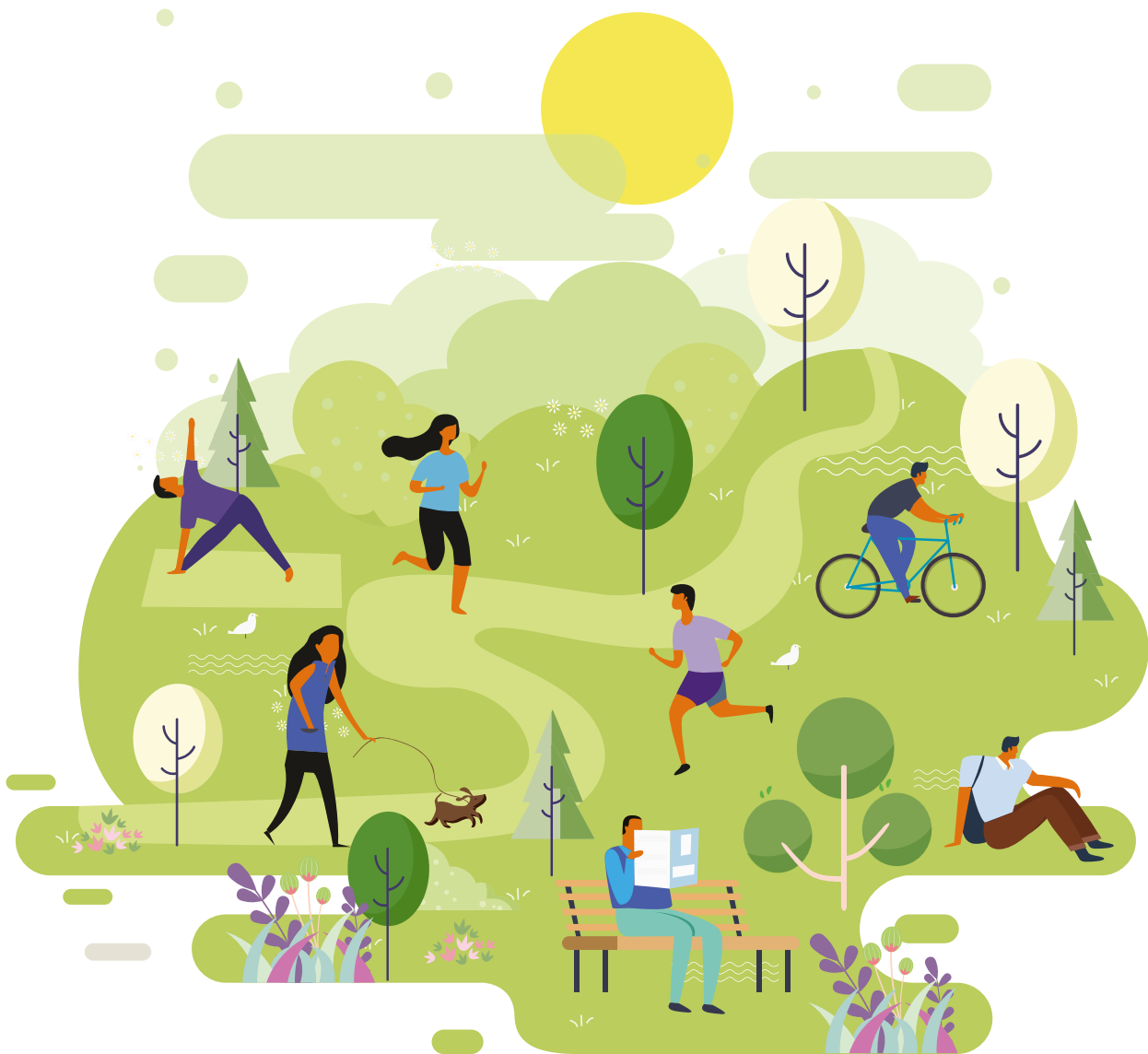


North Yorkshire Adult Weight Management Service

Annual report 2018



North Yorkshire Adult Weight Management Service:

Annual report

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1. Introduction

Nationally two thirds of adults, a quarter of two to ten year olds and one third of 11-15 year olds are overweight or obese. The challenge in North Yorkshire is very real with over 60% of adults being overweight and/or obese.

In 2016 the North Yorkshire Healthy Weight, Healthy Lives Strategy (2016-2026) was launched. The strategy supports a whole-system approach to tackling obesity across the county. Six key priorities are identified within the strategy:

- Supporting children’s healthy growth and healthy weight.
- Promoting healthier food choices.
- Building physical activity into our daily lives.
- Providing the right personalised accessible weight management services.
- Ensuring people have access to the right information and resources to make healthy choices that support weight loss.
- Building healthier workplaces that support employees to manage their weight.

The provision of tier 2 adult weight management services is fundamental within the North Yorkshire Healthy Weight, Healthy Lives Strategy and contributes to action on providing personalised, accessible weight management support to those eligible. <https://www.nypartnerships.org.uk/healthyweight>

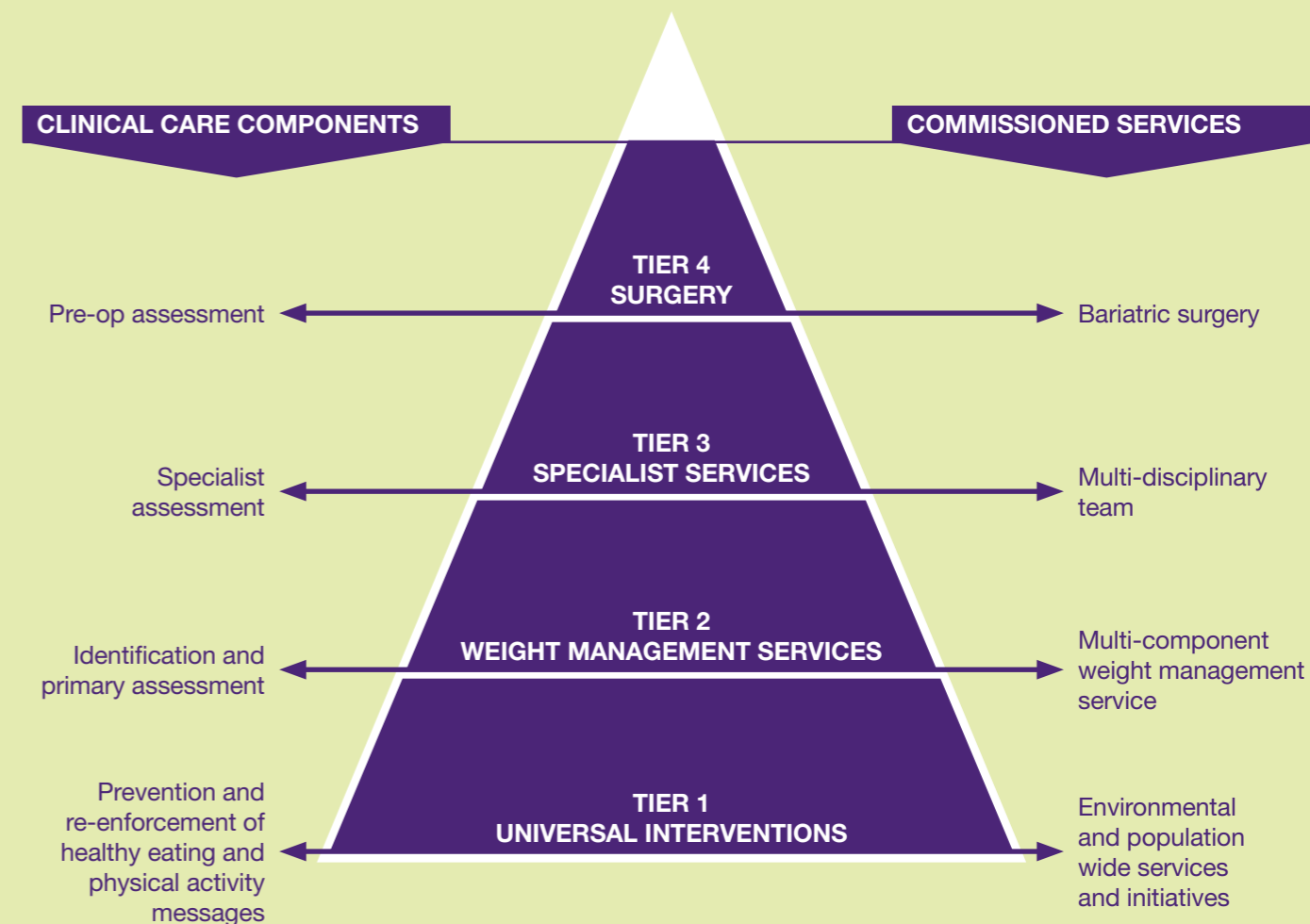
This report provides an overview of the tier 2 Adult Weight Management Service in North Yorkshire from 1st January to 31st December 2018.

The annual report will present client outcomes for the County against modelled and predicted outcomes. North Yorkshire level data will be used for the whole service and a reporting period of 1st January to 31st December 2018. This highlights the performance of the Service for the first year of the contract (Selby contract period is different to all other districts).

For further information on Healthy Weight, Healthy Lives in North Yorkshire, see the strategy and annual reports which can be accessed at: <https://www.nypartnerships.org.uk/healthyweight>

2. Background to the Service

The provision of weight management services is crucial in supporting people to make positive behaviour changes associated with food and physical activity. Clinical guidelines recommend a stepped approach to weight management depending on the level of obesity and whether a patient has weight-related co-morbidities. The obesity pathway highlights the recommended interventions at each level.



North Yorkshire Public Health team provided funding to the seven district councils across North Yorkshire to pilot tier-2 lifestyle weight management programmes for individuals aged 18 and over with a Body Mass Index (BMI) of 25 and over. The pilot programme ran from August 2014 to December 2017.

Teesside University was commissioned to deliver an academic evaluation of the pilot services. The final report presented key findings in relation to similarities and differences in service provision across the County, the impact of service provision in relation to the demographics of those accessing the services, and their outcomes at the end of the 12-week programme and at a 6-month follow up. The findings from the evaluation and the recommendations for service provision in the future model by Teesside University provided the information needed to further develop the service model of delivery and high quality service specification for future provision.

The current North Yorkshire Adult Weight Management Service (tier-2) was formally procured in 2017. The Service launched in Selby in July 2017 and the remaining districts in January 2018.

The new Service incorporates a structured assessment process from referral; triaging clients to assess eligibility and readiness to change, and supporting clients to set and review weight loss plans and physical activity agreements with their weight management advisor at an initial health assessment, 12-week and 24-week assessments. Clients are supported to achieve 5% weight loss at 12-weeks and sustain 5% weight loss at 24-weeks. The providers of the Service offer clients weekly weigh-ins, structured nutritional education and advice, and a free facilitated physical activity offer.

An overview of the providers delivering the Service in each district area is illustrated:

District	Name of service	Service provider
Craven	Healthy Lifestyles	Craven District Council
Hambleton	Take That Step	Hambleton District Council
Harrogate	Fit 4 Life	Harrogate Borough Council
Richmondshire	Healthy Futures	Maple Health Group
Ryedale and Scarborough	NHS Weight Management Service	Humber NHS Foundation Trust
Selby	Move It, Lose It	Inspiring Healthy Lifestyles

Individuals who are eligible to access the Adult Weight Management Service include those:

- aged eighteen years or over
- BMI equal or greater than 25
- resident or registered with a GP practices in North Yorkshire, or working or an organisation based in North Yorkshire

Individuals meeting the following criteria should be excluded from this Service:

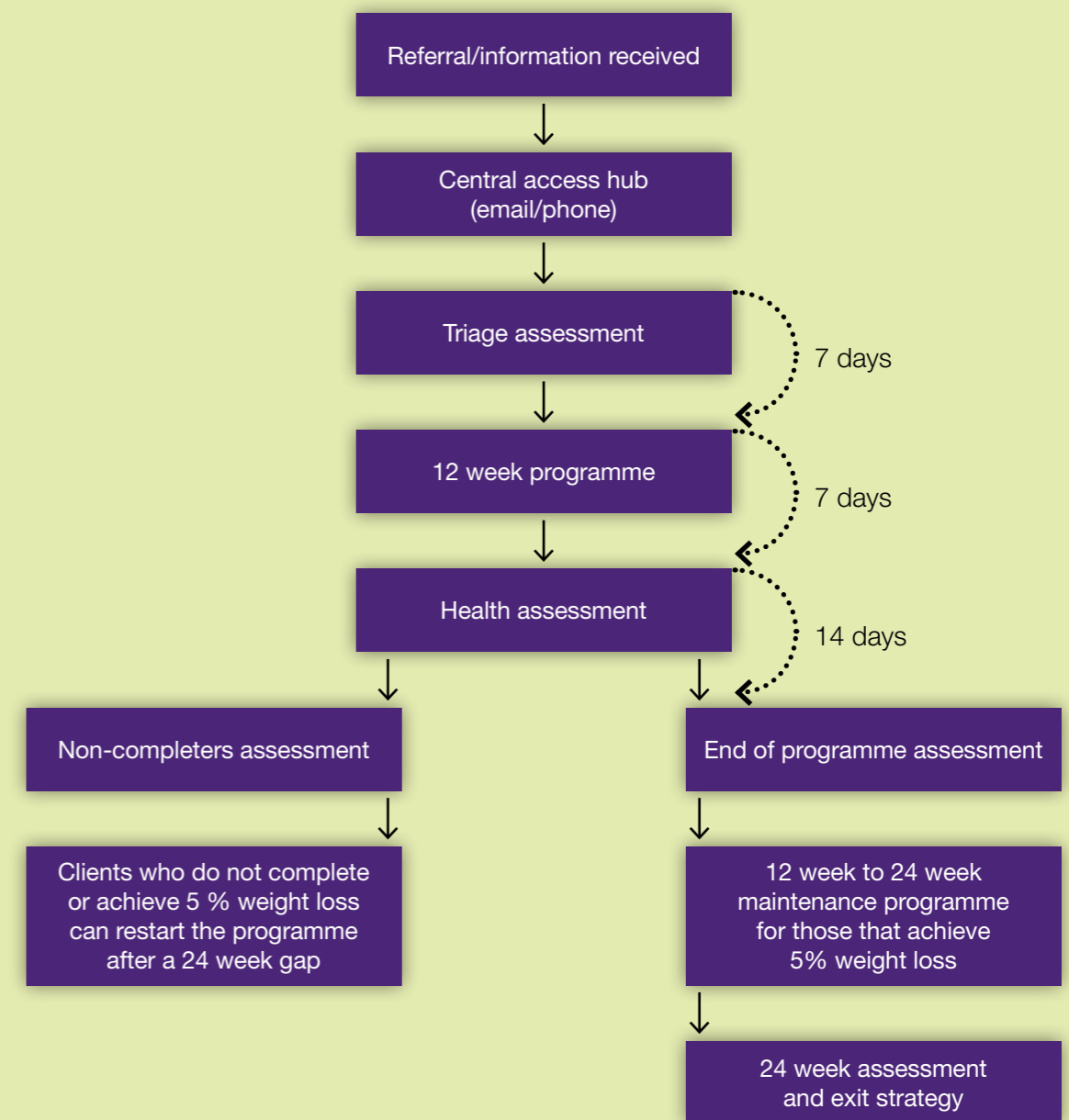
- under the age of eighteen
- have a BMI of less than 25
- are pregnant, or breastfeeding
- have a diagnosed eating disorder
- have an underlying medical cause for obesity and would benefit from more intensive clinical management from a tier 3 service
- have a significant unmanaged co-morbidity* or complex needs as identified by their GP or other healthcare professional
- have had bariatric surgery in the last two years.

*e.g. type 2 diabetes, cardio vascular disease, chronic obstructive pulmonary disease (unmanaged meaning not on medication and/or not subject to regular clinical review, or not completed a management programme such as diabetes management or cardiac rehabilitation). Each referral where a co-morbidity is identified should be assessed case by case and advice sought from the client's GP where appropriate.

Clients who do not meet the eligibility criteria are managed appropriately by the provider(s) of the Service, which may include a referral back to the GP/ health care professional, referral into a tier-3 weight management service (where available), and/or sign posting to local tier-1 community activities.

The current service is delivered as a rolling programme by all providers. The client journey from referral to exit (at 12 or 24-weeks) is shown in the below diagram:

More information on the service and providers can be found at <https://www.northyorks.gov.uk/adult-weight-management-service>



3. National, regional and local prevalence data - adult obesity

In England, almost seven out of ten men are overweight or obese (68.3%)



Almost six out of ten women are overweight or obese (55.5%)



By 2050 obesity is predicted to affect 60% of adult men and 50% of adult women. In England, the prevalence of obesity among adults rose from 14.9% to 25.6% between 1993 and 2014. The rate of increase has slowed down since 2001, although the trend is still upwards. The prevalence of overweight has remained broadly stable during this period at 36-39%. The rapid increase in the prevalence of overweight and obesity has meant that the proportion of adults in England with a healthy BMI (18.5-24.9) decreased between 1993 and 2014 from 41% to 32.7% among men, and 49% to 40.4% among women. In England, currently 25.6% of adults (aged 16 years or over) are obese.

The prevalence of obesity and overweight changes with age. Prevalence of obesity is lowest in the 16-24 age group and generally higher in the older age groups among both men and women. There is a decline in prevalence in the oldest age group, which is particularly apparent in men.

Once established, obesity is notoriously difficult to treat, so prevention and early intervention are very important.

Compared with a non-obese man, an obese man is:

- Five times more likely to develop type 2 diabetes.
- Three times more likely to develop cancer of the colon.
- More than two and a half times more likely to develop high blood pressure - a major risk factor for stroke and heart disease.

An obese woman, compared with a non-obese woman is:

- Almost thirteen times more likely to develop type 2 diabetes.
- More than four times more likely to develop high blood pressure.
- More than three times more likely to have a heart attack.



Nationally two thirds of adults are overweight or obese.

Risks of other disease, including angina, gall bladder disease, ovarian cancer, osteoarthritis and stroke, are also increased for those who are obese compared with those who are not.

Estimates of the direct costs to the National Health Service (NHS) for treating overweight and obesity, and related morbidity in England, have ranged from £479.3 million in 1998 to £4.2 billion in 2007. Estimates of the indirect costs (those costs arising from the impact of obesity on the wider economy such as unemployment, early retirement and associated welfare benefits) over the same time period ranged from between £2.6 billion and £15.8 billion.

Failing to address the challenge posed by the obesity epidemic will place an even greater burden on NHS resources. It is estimated that the NHS spent £6.1 billion on overweight and obesity-related ill-health in 2014 to 2015.

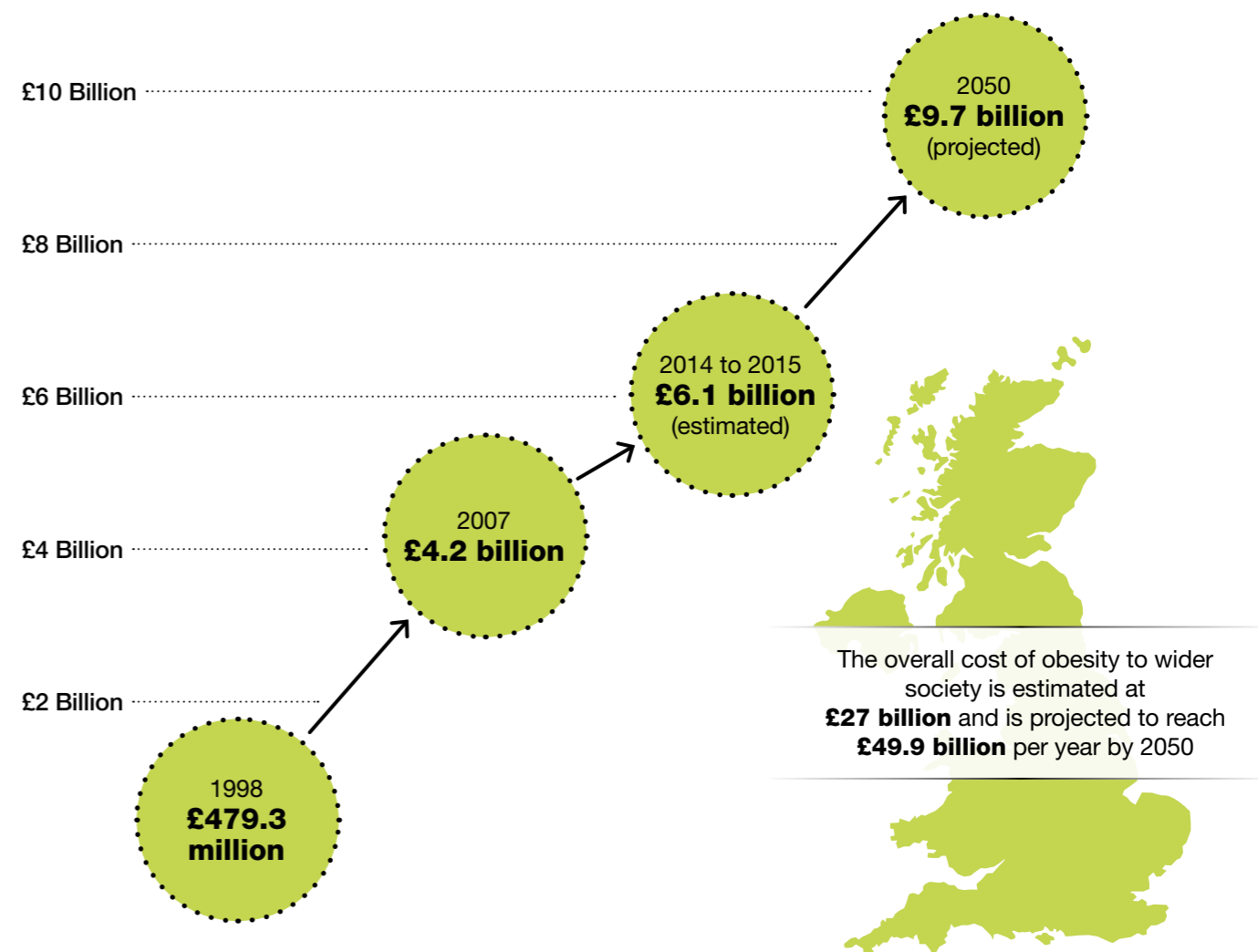
Annual spend on the treatment of obesity and diabetes is greater than the amount spent on the police, the fire service and the judicial system combined.

Obesity can harm people's prospects in life, their self-esteem and their underlying mental health. Research published in the British Medical Journal (BMJ) found that people who are obese or overweight are less likely to exercise in public as they feel discriminated against because of their weight.

More broadly, obesity has a serious impact on economic development. The overall cost of obesity to wider society is estimated at £27 billion.

The UK-wide NHS costs attributable to overweight and obesity are projected to reach £9.7 billion by 2050, with wider costs to society estimated to reach £49.9 billion per year.

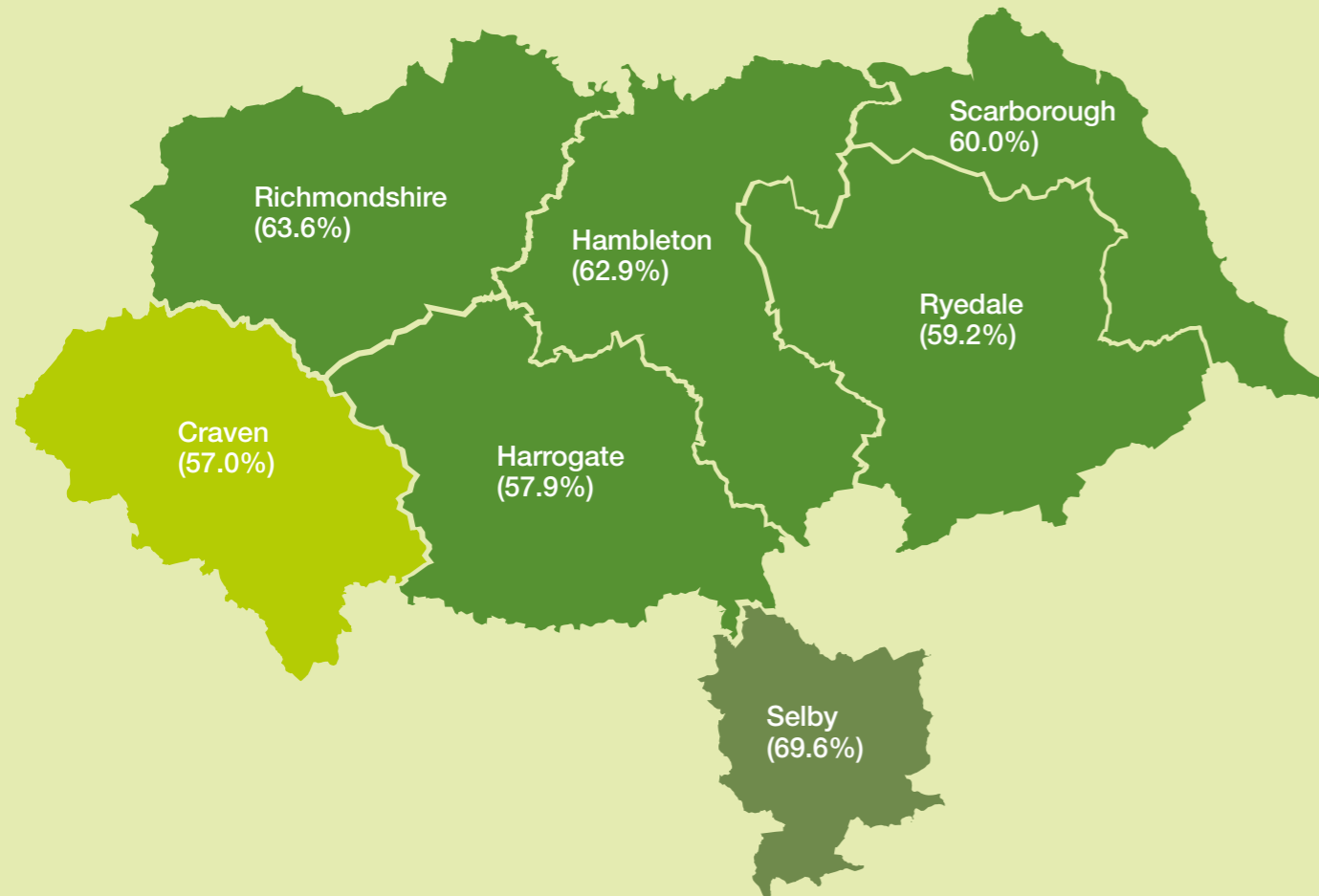
NHS UK-wide NHS costs attributable to overweight and obesity



North Yorkshire

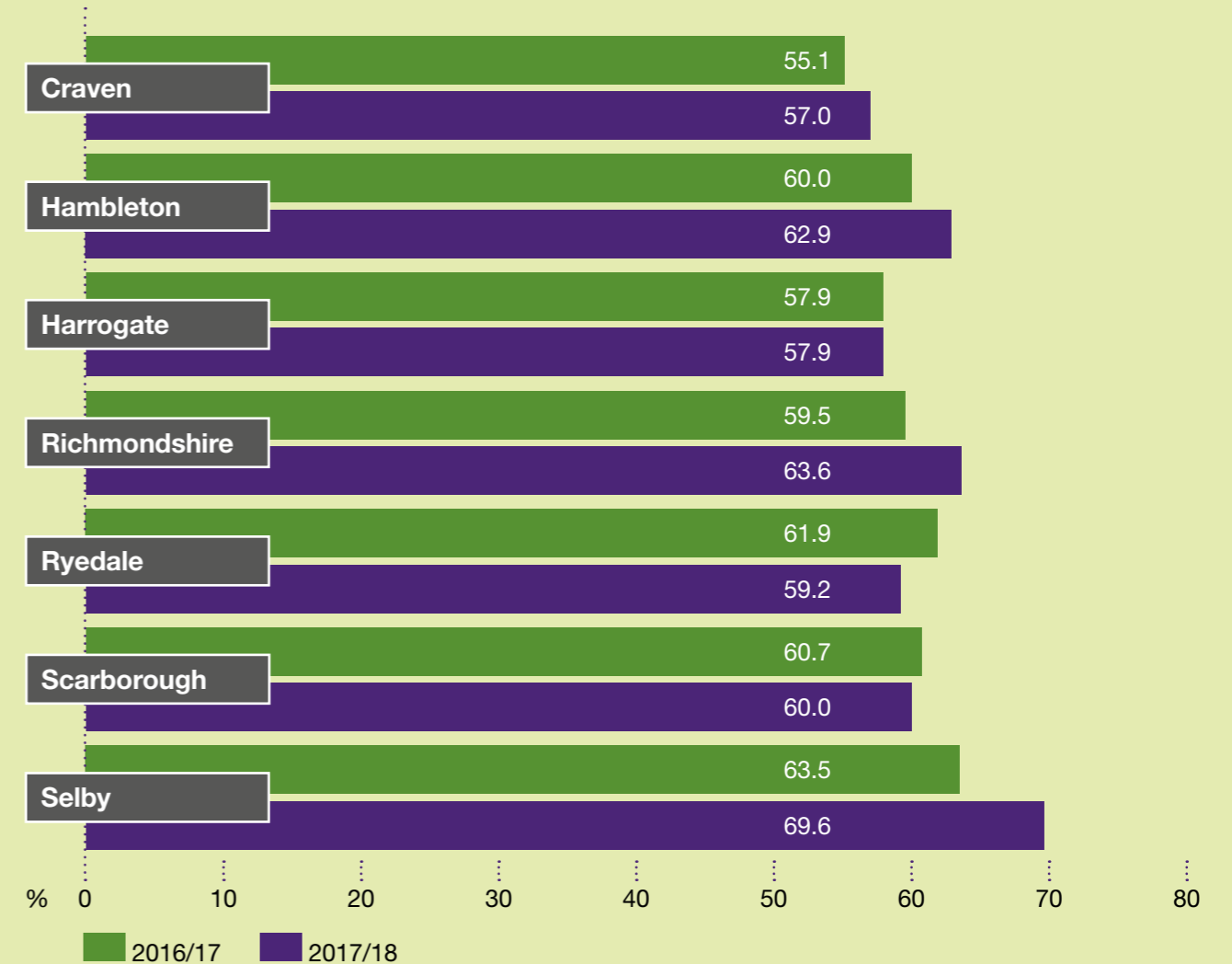
In North Yorkshire, excess weight in adults (aged 18 and above) has slightly increased in 2017/18 to 61.3% from 59.5% in 2016/17. The prevalence in 2017/18 remains statistically similar to England (62%). At a district level, in 2017/18, Hambleton (62.9%), Harrogate (57.9%), Richmondshire (63.6%), Ryedale (59.2%), and Scarborough (60.0%) are statistically similar to England (62.0%). Craven (57.0%) is statistically significantly lower than England and Selby (69.6%) is statistically significantly higher than England. The charts show the changes in overweight and obesity prevalence from 2016/17 to 2017/18.

Excess weight in adults in North Yorkshire 2017/18 compared to England (62%)



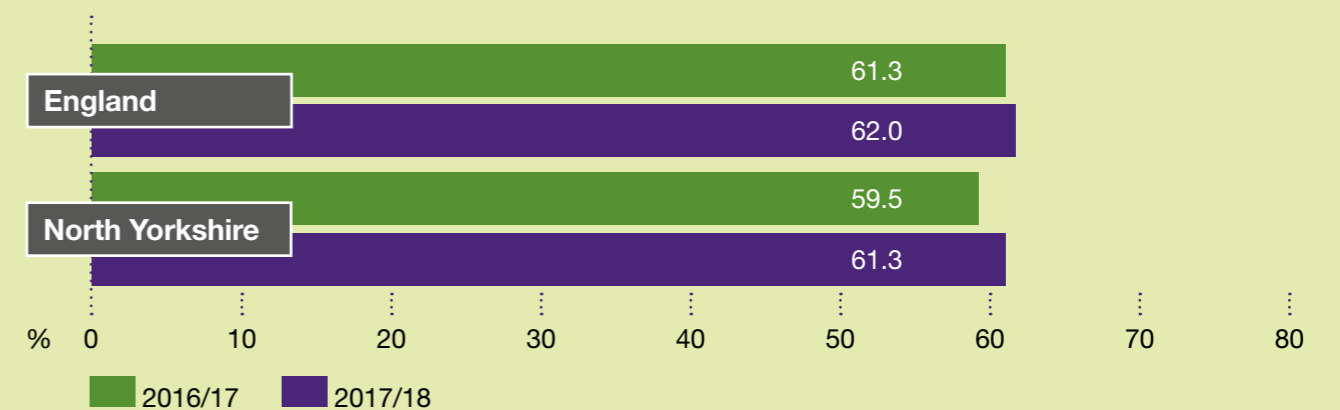
Percentage of adults (aged 18+) classified as overweight or obese

Source: PHE



Percentage of adults (aged 18+) classified as overweight or obese

Source: PHE



4. North Yorkshire Adult Weight

Management Service data 2018

Service uptake			
Eligible population (Total NY population aged 18+ with BMI 25 or above)	Predicted uptake (1.5% of eligible population)	Actual referrals (number)	Actual uptake rate (%)
401,276	5,016	3,040	0.76%

Client completions (attending 9 out of 12 sessions of initial 12 week structured programme)			
Predicted completers (number)	Actual completers (number)	Predicted completion rate - referrals that complete (%)	Completion rate - referrals that complete (%)
3,010	1,237	60%	41%

5% weight loss achievements at 12 weeks			
Predicted 5% weight loss achievements (number)	Actual 5% weight loss achievements (number)	Predicted weight loss achievement rate - 5% weight loss achievement of those that complete (%)	5% weight loss achievement rate - 5% weight loss achievement of those that complete (%)
903	861	30%	67%

5% sustained weight loss at 24 weeks			
Predicted sustained 5% weight loss achievements (number)	Actual sustained 5% weight loss achievements (number)	Predicted sustained 5% weight loss achievement rate - (%)	Sustained 5% weight loss achievement rate (%)
451	416	50%	44%

In 2018 the Adult Weight Management Service received a total of 3040 referrals across the seven areas. The uptake rate for the Service had been estimated at 1.5% of the eligible population based on NICE guidance, however the actual uptake rate was 0.76%.

The number of clients completing the 12 week programme (these are defined as clients who attend 9 out of 12 sessions) averaged at 41% across the Service rather than the predicted 60%.

The percentage of clients achieving a 5% weight loss was more than double (67%) what was expected (30%). This means that clients were able to lose 5% more consistently.

The percentage of clients who sustained a 5% weight loss at 24 weeks was just under (44%) what was expected (50%).

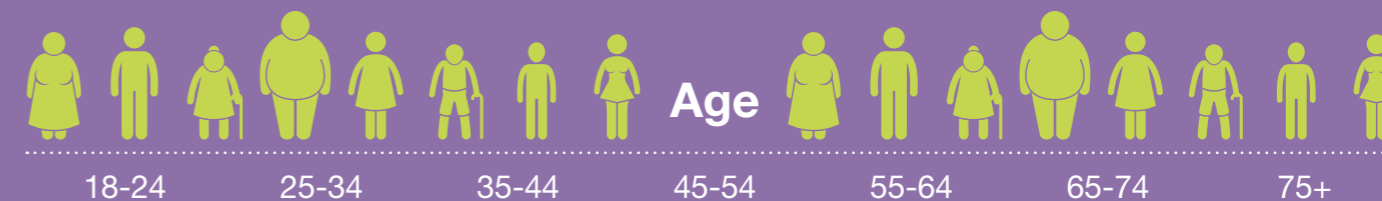
In 2018, at least 18% of those accessing the Service were eligible for Tier-3 services (BMI <40 or BMI <35 with co-morbidities) and it is acknowledged that the Tier-2 service may not have been appropriate for them. Conversations will be continued with CCGs to increase access to Tier-3 provision across the county.

Approximately 3/4 of the clients in the Adult Weight Management service were female (76%) and 1/4 male (24%).

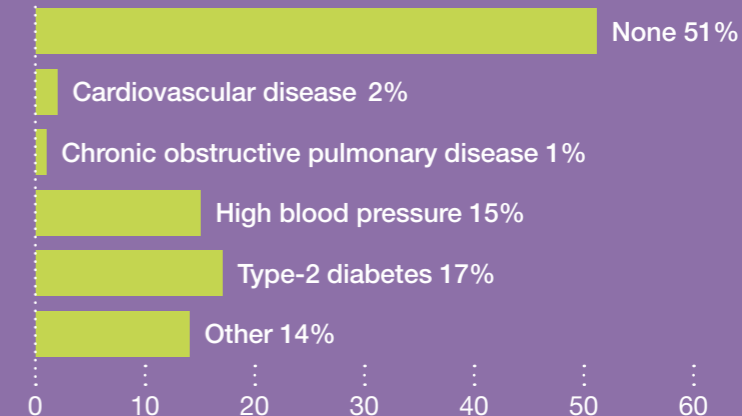
Those accessing the Service without comorbidities (51%) were more common than those with comorbidities (49%). However, 17% of clients had type-2 diabetes and 15% had high blood pressure.

The majority of clients (98%) were offered their first session within 14-days of referral and self referrals were the highest referral route (53.6%). Most clients rated the Service as excellent (87.2%).

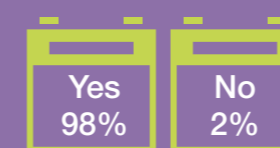
Population accessing the Service in 2018



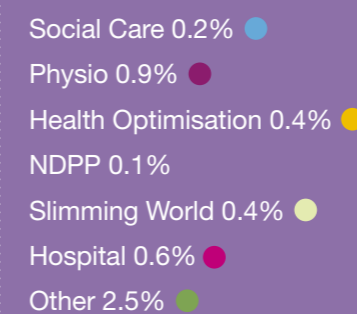
Comorbidities



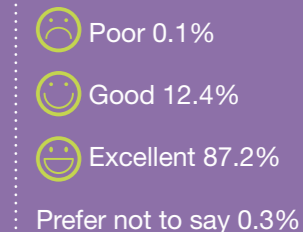
First session offered within 14 days



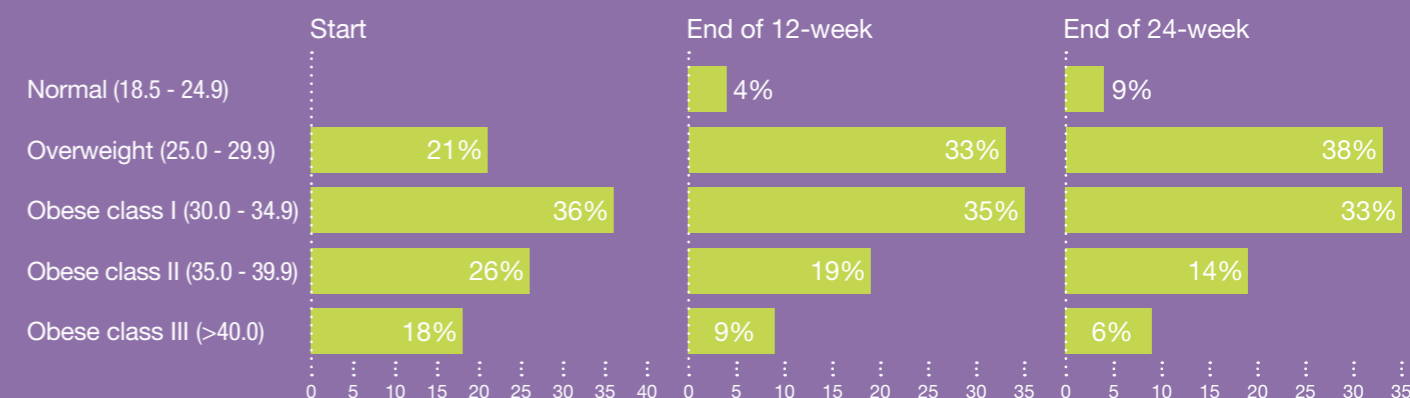
Referral Type



Satisfaction Rate



BMI Classification



5. Case Studies and Testimonials

Case Studies (not real names)

1. Brenda

Client was referred by her GP as she was in need of a knee replacement and couldn't have due to her BMI being over 30. She was suffering with low mood, felt useless, depressed and was in a lot of pain. Her activity levels were low because of her pain and she was really thinking about the foods she was eating.

WEEK 1 **WEIGHT 76kg** **WAIST 101cm** **BMI 31.1kg/m²**

Attended initial assessment for weight management and started group sessions (Initial Assessment - Weight = 76kg, Waist = 101 cm, BMI = 31.1 kg/m²).

Felt at ease immediately. She was made to feel human and not dictated to.

Found the exercises helpful and manageable with her knee pain.

Started eating breakfast.

Started to look at portion sizes and cut down accordingly.

Started aqua fit after recommendation in class.

WEEK 12 **WEIGHT 64kg** **WAIST 82cm** **BMI 26.4kg/m²**

Attended 12 week assessment (12-Week Assessment - Weight = 64kg, Waist = 82 cm, BMI = 26.4 kg/m²) = Lost 12kg, 19 cm, 4.7 BMI 'points'.

Continued to attend the weekly groups and started to increase her walking.

Spread the word and helped her daughter to lose 1.5 stone.

Exercise became a daily necessity which she felt much better for doing.

WEEK 24 **WEIGHT 56.4kg** **WAIST 79cm** **BMI 23.2kg/m²**

Completed the course and pre-operative assessment is booked (24-Week Assessment - Weight = 56.4kg, Waist = 79 cm, BMI = 23.2 kg/m²) = Lost 19.6kg, 22 cm, 7.9 BMI 'points'.

Client has lost 3 stone. Her mental health is much better, she no longer feels depressed and manages her pain easier. She looks wonderful and healthy and really feels the benefit of exercise. This has become an essential part of her daily routine which she will not miss. She has been talking about the weight loss through the group everywhere she goes and has even managed to help her daughter to lose 1.5 stone too. She regularly checks her portion sizes and eats breakfast every day which she didn't do previously. She has taken up aqua class and also now walks 2.5 miles which has increased from around the block. She has dropped 3 dress sizes. She is ready for her operation and in a much better place for recovery.



2. Andy

After a knee operation in 2017 Andy did very little exercise, he couldn't walk a short distance without getting breathless. In his youth he had always been very active and part of many teams, this was his main aim to return to these team sports. Andy has an office based job and classed himself as lazy. For convenience he ate processed foods and generally felt very lethargic and heavy. Due to the success of his wife completing the programme, he was motivated to make a change for himself and wanted to work with his wife to support each other.

Andy made a self-referral through website.

WEEK 1 **WEIGHT 90kg** **WAIST 100cm** **BMI 28.5kg/m²**

Coordinator made contact and booked Mr A in for initial assessment (Initial Assessment - Weight = 90kg, Waist = 100 cm, BMI = 28.5 kg/m²).

Attended first session. Andy begins to adopt a new healthy lifestyle and cuts out pastries and processed foods.

Andy enjoyed the control he was having on food; he stated making a list before shopping with the support of his wife. Started to class the programme as a lifestyle change instead of a 'diet'.

The nutritional topics encouraged Andy to be independent he liked the concept of his advisor pointing him in the right direction to make better food choices.

Started to love the exercise circuit and soon realised how much physically fitter he was becoming; no longer did he get breathless taking the dog for a walk.

His weight loss was steady and gradual until week 9 when he started to see real differences on the scales.

WEEK 12

Andy successfully achieved his target at the 12-week mark. This allowed him to continue onto the maintenance programme for a further 12 weeks of help and support.

Andy built a strong rapport with advisor. He appreciated how motivating and encouraging he was with everyone and liked that people could share thoughts although not pressured to share experiences within the session.

He was now walking to work twice a week, as well as at the weekend. He utilised free exercise sessions and exercises during his weight management sessions. He amended his eating habits and successfully completed the 24-week programme.

WEEK 24 **WEIGHT 80.4kg** **WAIST 91cm** **BMI 25.4kg/m²**

(24-Week Assessment - Weight = 80.4kg, Waist = 91 cm, BMI = 25.4 kg/m²) = Lost 9.6kg, 9 cm, 3.1 BMI 'points'.

Andy is now just outside of the Healthy BMI range!



For Andy it was the fitness element as well as weight loss that he wanted to established, he now feels so much more physically active, he enjoys the benefits of exercise including much less joint pain having strengthened his muscles, the positive feeling of been physical pushed to improve fitness. He now runs which he hasn't been able to do for over 20 years! Both Andy and his wife feel so positive about the future and the programme has given them a new lease of life. He feels energised and determined to keep up this healthier lifestyle! The weight loss has allowed him to achieve his goal of playing football and joining a tennis club and other forms of exercise.



3. Julia

Julia has always had issues with her weight; she had previously been successful on diets but ended up putting the weight back on. A reality check came when sadly a close friend suddenly died of a heart attack, which made her assess her life; she wanted to take back control and the choices she made. At a recent health check it was established that she was borderline pre-diabetic, which was another motivating factor to make a change. Julia has a sedentary job and did one hour a week of exercise.

Julia made a self-referral through the website.

  Coordinator made contact and booked Julia in for initial assessment (Initial Assessment - Weight = 118.6kg).

Client attended first session.

Julia begins to adopt a new healthy lifestyle and cuts out sugar from her diet. She starts attending spin classes.

She keeps setting small achievable goals each week which motivates her.



The nutritional topics encourage Julia to go away and further research food groups and incorporates changes to her lifestyle.

8 weeks into the programme and a health check at her GP reveals her blood sugars have now reduced to a 'normal range'.

On successfully achieving 5% weight loss, Julia was now starting the maintenance programme.

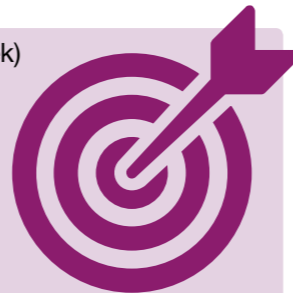
Julia planned her meals and planned her 3 exercise sessions weekly to embed her changes.

Her physical activity levels increase and her sleep pattern dramatically improves.

  Through continued support from her weight advisor and family, she successfully completes the 24-week programme and lost 3 Stone 4 Pounds (24-Week Assessment - Weight = 98.4kg) Lost 21kg.

Julia has seen massive improvements to her health and wellbeing over the 6 month (24 week) programme. Her energy levels have increased and she has regained the confidence to believe in the ability she has. Her commitment from the beginning has been phenomenal; she has been prepared for events such as Christmas by planning ahead which ensured she stayed on track. By cutting back on sugar and regaining control of her eating habits, she is now equipped with the knowledge to continue with this healthier lifestyle. She thoroughly enjoyed the weekly sessions in the group format she found the expertise of the advisor motivating and supportive and loved the opportunity to try new classes.

Her advice to anyone starting the programme is "Completely commit to the programme, learn as much as you can, try out the facilities on offer and plan! plan! plan!"



4. Harry

Harry is self-employed, enjoys family activities such as cinema trips and holidays and coaches an U15's football team. Used to train a lot, but have always struggled with diet/weight, particularly the last 3 years due to health issues. Heaviest weight was 19St 3Lbs.

Harry has suffered with kidney complications for the last 4 years. Kidney stones and damage to the kidneys have meant I have had over 7 operations and 4 external procedures. This has affected his mental and physical wellbeing considerably. This meant he was unable to be as active or mobile as he used to and gained a considerable amount of weight.

His wife joined the programme and this is how he heard about it. He joined to support her to begin with, with a simple aim of becoming lighter and fitter (No planned goals in particular, just getting on the right path!).

"I was 18St 4.5Lbs when I joined. I lost 8.5Lbs in the first week and soon became addicted! The first thing which hit me during my session was the diverse range of ages and abilities within the group. Everybody was there to achieve their own goals, but did so with a smile on their faces. No competition, nobody screaming at you to do more/better and it was a very relaxed atmosphere.

The instructor is very polite and professional and has a manner in which you are encouraged, motivated and praised for improvements which makes a massive difference. All of this is achieved, often without you even thinking about it, as the sessions are well planned/prepared and instructed in a friendly manner with a friendly "Can do" attitude which makes you want to attend. My wife and I both looked forward to attending the sessions each week as it helped us to achieve goals, was a good social interaction with others and was FUN! We were always disappointed if we could not attend both sessions due to work or family commitments!

Our achievements and discussions with friends, family and on social media have led to more people close to us undertaking such programmes and taking an interest in their health and wellbeing. I have gone from 18St 4.5Lbs to 15St 12Lbs in approx. 12 weeks and we have lost over 4.5 St between us. We couldn't be more motivated! But the exceptional thing is the knowledge we have learned on our journeys means we never go hungry and do not struggle. We understand what to do and we do it.

It is an amazing feeling to feel in control again and we are much happier for it!

After being diagnosed with a condition requiring treatment Harry was advised to lose weight by the specialist to avoid complications and severe scarring.

"This was serious motivation to lose weight. But both my wife and I have gained so much confidence through the weight loss and physical changes to appearance, that I am setting my goals for me now and not just through concern about an operation.

I donated almost all of my clothes to charity as nothing fit anymore! I have gone from a 42" waist to 34/36" and from XXL tshirts to L/XL. I could not be happier and still cannot get used to the thought of taking my shirt off on holiday!!!

I am giving serious thought to changing my career and continuing to assess life goals and continuing on a path in which I am happy. My aim is to train for a career in Physical Fitness. This is something I have always wanted to do but never felt motivated or able to do due to life restraints. I am in the best physical condition of my adult life and have my health issues behind me. This is my time and I am going to take it! I am currently researching how to train to achieve my goals and begin a lifetime career in something I love and am passionate about.

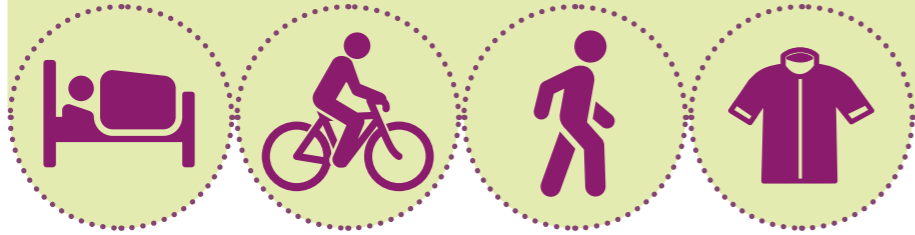
THE BEST THING I EVER DID. I'm motivated, in control and believe again! If I can do it, you can!

5. David

David is retired and Self Referred to the Service. His initial aim was weight reduction, reduced BMI and improved fitness (whilst managing severe arthritis in both hips). David lost 25.4kg over 24 weeks, his BMI improved thus allowing hip replacement surgery. He found the group classes helpful and supportive and also received effective support from the gym staff.

His general health and fitness has Improved in addition to his dietary regime.

“ I Feel very fit and healthy, energised and have greater self-confidence - I’m also sleeping well. I am also maintaining all the good habits that I learnt on the scheme. I can walk and cycle greater distances and I now buy ‘medium’ clothes rather than ‘extra large’.”



6. Aileen

Aileen is retired and was referred to the Service following diagnosis of Atrial Fibrillation. Her initial aim was to achieve weight loss, and improve her fitness to manage her condition. Over the course of the 24 week programme Aileen made dietary changes and is no longer on medication for GERD as this has improved significantly (her GP is delighted with the outcome). Aileen has lost 15Kg and is now 58.8kg, this she puts down to the tremendous help and support from team, gym instructors and leisure centre staff, she has also made new friends and has supported and encouraged others.

She feels “Fantastic” is energised, has greater self-confidence and is sleeping well. Her overall health and fitness has improved in addition to a better more fulfilling diet. Aileen is continuing with gym membership following the scheme and is exploring new activities/classes in the gym and outside. She is also maintaining good habits learned from the service.

“ I can walk and cycle greater distances, enjoy activities I couldn’t do before and I’ve got a whole new wardrobe of clothes. Thank you to the team for giving me a new life.””



Testimonials



“I have found this to be a hugely useful resource and have referred several people over the years. One lady in her early 70’s has continued to attend the gym classes. It helps to improve their physical and mental well-being as getting out in itself is a positive.”

Living Well Coordinator



“I have just completed a 3 month course at Skipton Leisure Centre and have found the experience very rewarding. The advice and guidance on both healthy eating and exercise was excellent for someone who has been/or is having medical problems which have caused weight gain. Cerin, the person who ran the course was friendly and treated everyone as an individual, helping each with their specific needs. I have lost 8.6kg/19.6 lbs in the 3 months, and would recommend anyone trying to lose weight to come and try it. I am now on the 12 week maintenance programme continuing my journey to sustaining my weight loss. Thank you, you have put the spring back in step and I feel motivated to carry on as you have taught me.”

Client



“With the balance of weight management, exercise and nutrition it has proved to be very motivating. The weigh in is discrete and the instructor is always very positive even if you haven’t lost that week, he just says to look at what happened and to move on, no drama. He makes you take control of your own journey whether looking at your food diary or to be more active and if struggling further advice is always available. He motivates you to achieve just that little extra than you think you can, but always with a gentle push when he knows you are ready. Talking about becoming more aware of what and when you eat in week 10 has really helped me think more about what I eat and if at all I actually do feel hungry. I would, and have recommended the course to people and aim to continue to do so and use the information we have learned through my first 12 weeks into my next lot of 12 and hopefully push my boundaries a little more.”

Client



"Being accepted on the weight loss programme was the incentive I needed and my weight is now lower than it has been for many years. From week 1 I reduced my alcohol intake dramatically, reduced portion sizes and ate more fruit and vegetables. The free classes enabled me to try different forms of exercise new to me e.g. spinning, Zumba etc. The instructor was very sensitive in the way he addressed the group and the informal way he took us through the booklet worked well. Despite Christmas being around the corner I hope to continue with the maintenance Programme into 2019."

Client



"I have found the programme enjoyable, easy to sustain and fits easily with my life/work balance. The weight management staff have been encouraging and supportive and progress is encouraged without criticism or pressure. The talks were informative and well-presented and had the additional bonus of including of a short workout. I also enjoyed the variety of other activities available to enable me to improve my fitness levels whilst losing weight. The additional maintenance plan encourages people to continue progressively to their personal goal."

Client



"Initially when I started the course, I found it a bit strange, to not be given an eating plan as such, that I could follow and plan my meals around. However, as I progressed, I picked up on the message from one of the group leaders/facilitators, about making small changes to the way that I shop, plan any meals and eat out. I have found that, the way that I do any food shopping has now changed, as I use the traffic light information on the food packaging and try to focus as much as I can, on not buying anything with red on the label. About half way through the 12 week program, although I had lost weight each week, I felt a bit down-hearted, as I had only been losing very small amounts of weight. At this point I decided on a different approach and instead of just looking at each week's weight loss, I decided instead to look at how much I had lost in total since starting the healthy lifestyles program. Looking at my total weight loss seemed to have helped me to stay motivated and helped me to carry on until the end of the 12 weeks point. In total I have lost 6.2kg and 2ins of my bust and hips and 4ins off my waist measurement. Since starting this program I have been able to increase my activity levels, I can now walk further and easier. I have also increased how far I swim and on an average week I swim 210 lengths. I am very pleased with my progress on this program and would definitely recommend it to anyone."

Client



"I took the plunge 12 weeks ago joining the weight management programme and have been delighted with the results, losing over 5% of my weight. I still have a lot more to lose to achieve a healthy BMI and intend to use the support of your maintenance programme to hopefully continue to lose weight. I have found attending the group a great help. It has helped me focus in a positive way and the weekly weigh-ins have proved a great incentive to me in pursuing my goal. The information pack and sessions have been very informative, lots of helpful tips and ideas from staff and other group members. The exercise sessions are fun and done in an atmosphere that is encouraging and non-judgemental. I'm sure all the participants gained a lot from attending, perhaps trying some exercise for the first time in ages, forming new habits and gaining confidence to continue with some regular exercise, I certainly have! I have also learned a great deal, for example about portion sizes and now realise how much I had been over eating. I have changed my diet and am now far more aware of my calorie intake and have found cutting out sugar has curbed my appetite. I would recommend the programme to anyone who needs support to lose weight and reduce the health risks associated with being overweight. I definitely feel better and I feel empowered having learned a manageable way of maintaining a healthy diet."

Client



"I would highly recommend the programme. I have struggled with my weight - often losing a few pounds and then regaining. As a result of undertaking this programme I lost over a stone and have sustained it. What is different with this programme is its emphasis on maintaining the weight loss and making healthy eating and exercise an integral part of day to day life. The leaders of the groups have a relaxed and non-judgemental approach they take away any guilt or negative connotations around food - no food is classed as a super food nor a bad food - it's all about balance. The weigh-ins were done very discreetly and in a supportive manner - a focus on overall trends rather than feeling pressured (and then guilty) if you'd not lost one particular week. The information sessions which taught/reinforced key messages about healthy eating and drinking were always delivered in an interesting and participative way - this provided the opportunity for the group members to share their personal experiences, suggestions, etc. The exercise was fun and again everyone was encouraged to do at their own pace - to stretch themselves but not at the risk of personal injury - taking into account their abilities."

Client



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Client



"I found the programme really helpful in that it explains all about food. Instead of just providing a list of foods to eat it explains the significance of the different groups. I've done many crash diets over the years and I'm convinced that is why I now have so much weight on. I don't eat vast amounts of food but I eat the wrong foods and I think this programme helps to re-educate. I will continue with this programme as I want to lose more weight. I am starting to feel better and along with doing more exercise it's all good. I have been, for a while, scared to go to exercise classes as always felt that I wouldn't be able to keep up but the instructor is very helpful and encouraging and easy to understand. He's very knowledgeable and explains things very well. So the programme is not intimidating at all and actually enjoyable."

Client



"We have both enjoyed attending the class, and we are very pleased with our weight loss. I have also been able to halve my diabetes medication due to weight loss and exercise."

Client



"I really enjoyed the 24 weeks and found the sessions helpful to encourage me to make better food choices and stay on track. I am now doing more exercise and the more weight I lose the better I feel about myself the more I get out walking etc. I have managed to talk my husband into referring himself to the program as I've found it so helpful."

Client



"I have thoroughly enjoyed the weight management programme, since starting the course I have had no trips or falls and feel I have better mobility my balance has improved and I feel more stable and secure. I have enjoyed the exercise component and found Rebecca very welcoming and supportive. I am 81 years old and feel better than previous years. I have diabetes and delighted I have lost 1st 3lb through exercise and small changes."

Client

6. Public Health Outcomes Framework: Healthy Weight, Healthy Lives 2019

Measure	Recent Year	Gender	Age group	North Yorkshire		Unit	Trend	England	Craven	Hambleton	Harrogate	Richmondshire	Ryedale	Scarborough	Selby
1.09ii - Sickness absence - the percentage of working days lost due to sickness absence	2015-17	Persons	16+ yrs	1.0		%	-	1.1	n/a	1.9	0.9	0.3	0.2	0.9	1.6
1.16 - Utilisation of outdoor space for exercise/health reasons	Mar 2015 - Feb 2016	Persons	16+ yrs	17.8		%	-	17.9	n/a	n/a	n/a	n/a	n/a	n/a	n/a
2.02i - Breastfeeding initiation	2016/17	Female	All ages	73.6		%	-	74.5	78.1	74.0	83.4	70.7	72.5	60.9	n/a
2.02ii - Breastfeeding prevalence at 6-8 weeks after birth	2017/18	Female	6-8 weeks	48.5	N/A	%	-	42.7	n/a	n/a	n/a	n/a	n/a	n/a	n/a
2.06i - Reception: Prevalence of overweight (including obesity)	2017/18	Persons	4-5 yrs	22.3		%	↑	22.4	21.2	19.4	21.1	20.8	20.4	27.8	23.0
2.06ii - Year 6: Prevalence of overweight (including obesity)	2017/18	Persons	10-11 yrs	31.6		%	↑	34.3	30.1	31.2	30.6	33.0	27.7	34.8	32.2
2.11i - Proportion of the population meeting the recommended '5-a-day' on a 'usual day'	2017/18	Persons	16+ yrs	59.6		%	-	54.8	66.4	63.1	58.0	60.7	59.7	56.4	57.8
2.11ii - Average number of portions of fruit consumed daily	2017/18	Persons	16+ yrs	2.66		Mean	-	2.51	2.8	2.7	2.6	2.7	2.6	2.7	2.5
2.11iii - Average number of portions of vegetables consumed daily	2017/18	Persons	16+ yrs	2.72		Mean	-	2.65	2.9	2.8	2.7	3.0	2.8	2.6	2.5
2.12 - Percentage of adults classified as overweight or obese	2017/18	Persons	18+ yrs	61.3		%	-	62.0	57.0	62.9	57.9	63.6	59.2	60.0	69.6
2.13i - Percentage of physically active adults	2017/18	Persons	19+ yrs	69.5		%	-	66.3	72.5	67.7	66.1	79.7	68.1	71.3	68.3
2.13ii - Percentage of physically inactive adults	2017/18	Persons	19+ yrs	19.1		%	-	22.2	16.7	23.0	16.5	10.5	22.6	18.7	24.9
2.23i - Self-reported wellbeing - people with a low satisfaction score	2017/18	Persons	16+ yrs	5.0		%	-	4.4	n/a	n/a	n/a	n/a	n/a	n/a	n/a

7. Glossary

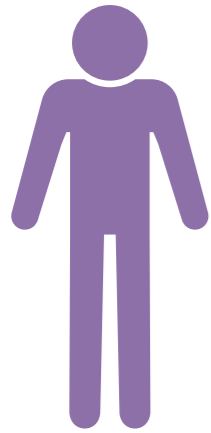
BMI (Body Mass Index)

The body mass index (BMI) is a measure that uses your height and weight to work out if your weight is healthy. The BMI calculation divides an adult's weight in kilograms by their height in metres squared. For example, a BMI of 25 means 25kg/m².

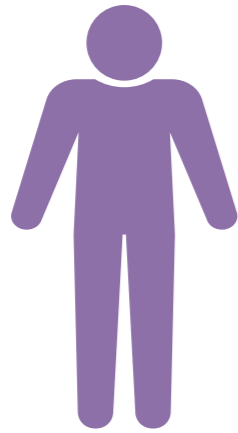
BMI ranges

For most adults, an ideal BMI is in the 18.5 to 24.9 range. For children and young people aged two to 18, the BMI calculation takes into account age and gender as well as height and weight.

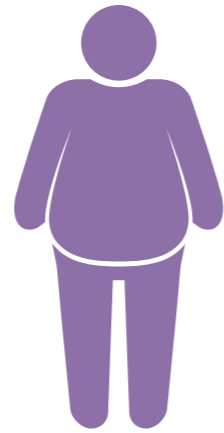
If your BMI is:



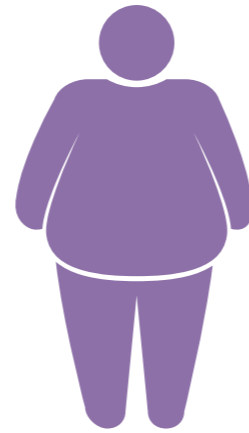
below 18.5 - you're in the underweight range



between 18.5 and 24.9 - you are in the healthy weight range



between 25 and 29.9 - you are in the overweight range



between 30 and 39.9 - you are in the obese range

There are three obesity classifications. A BMI between 30.0 and 34.9 is Obese Class I, 35 to 39.9 is Obese Class II, and a BMI above 40.0 is Obese Class III.

You can calculate your BMI on the NHS BMI Healthy Weight Calculator at <https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/>

Co-morbidities

The presence of one or more additional conditions which co-occur with a primary condition. A comorbidity is each additional condition. For example comorbidities of obesity include high blood pressure, obstructive sleep apnea, arthritis, and type-2 diabetes.

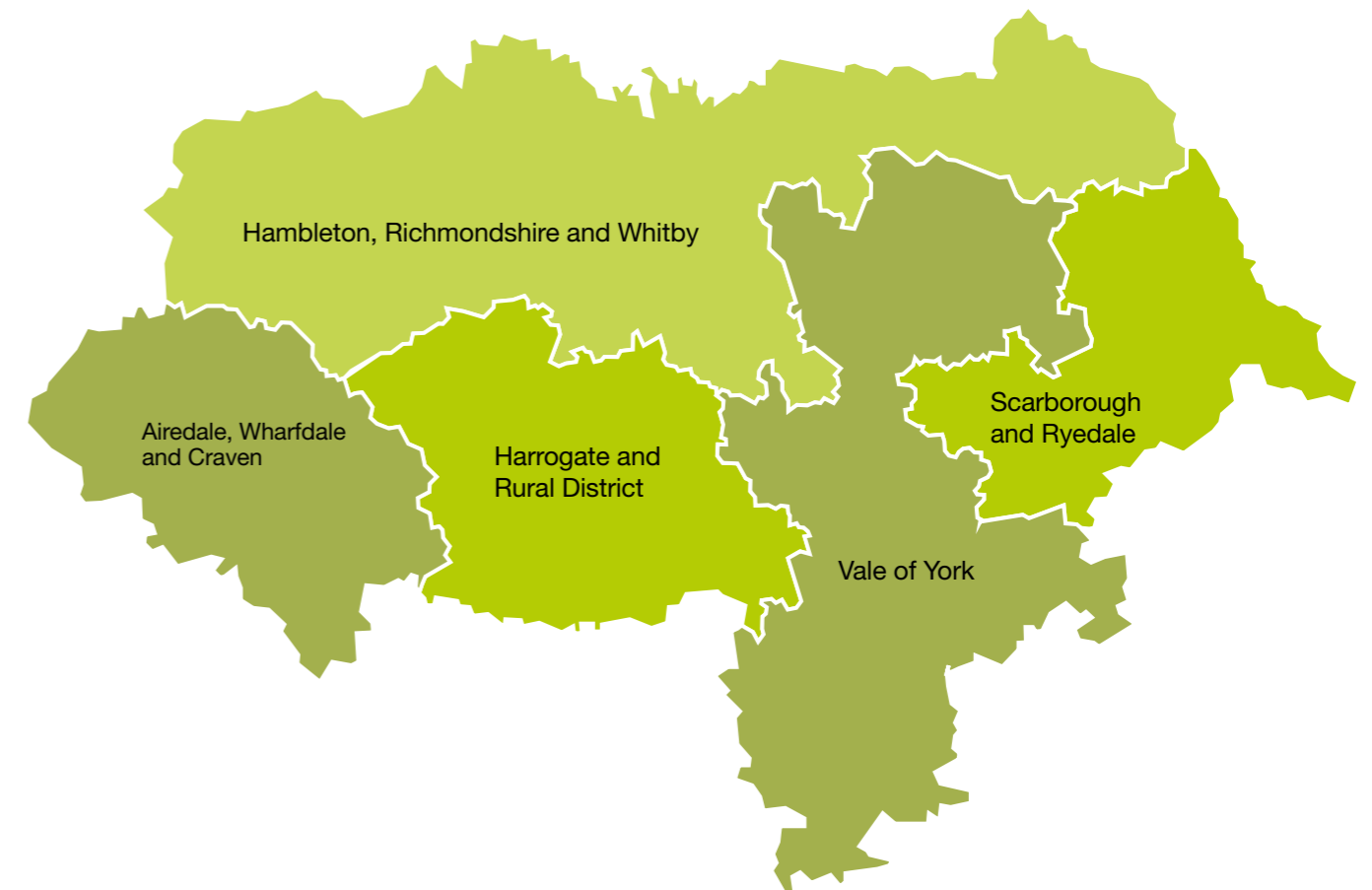
CCG (Clinical Commissioning Group)

Clinical Commissioning Groups are responsible for implementing the commissioning roles as set out in the Health and Social Care Act 2012. They are clinically-led statutory NHS bodies responsible for the planning and commissioning of health care services for their area.

North Yorkshire currently has five Clinical Commissioning Groups:

- Airedale, Wharfedale, Craven (AWC)
- Harrogate and Rural District (HaRD)
- Hambleton, Richmondshire, Whitby (HRW)
- Scarborough and Ryedale (SR)
- Vale of York (VoY)

Clinical Commissioning Groups in North Yorkshire



8. Contact details

Craven - 'Healthy Lifestyles'

Telephone: 01756 792805

Email: healthylifestyles@cravenc.gov.uk

www.cravenc.gov.uk/craven-leisure/healthy-lifestyles/weight-management/

Hambleton - 'Take That Step'

Telephone: 01609 767241

Email: takethatstepteam@hambleton.gov.uk

www.hambleton.gov.uk/zest/homepage/72/weight_management_scheme

Harrogate - 'Fit 4 Life'

Telephone: 01942 404799

Email: ihl.wigan@nhs.net

www.harrogate.gov.uk/info/20115/sport_and_active_lifestyles/907/fit4life_project

Richmondshire - 'Healthy Futures'

Contactable until 31st December 2019

Telephone: 0330 120 0544 option 3

Email: northyorks@maplehealthgroup.co.uk

<https://healthyfutures.club/hf-richmondshire/>

Ryedale and Scarborough - 'NHS Weight Management Service'

Telephone: 01723 821395 or 0800 917 7752 or text 'Healthy' to 60163

Email: hnf-tr.weightmanagement@nhs.net

nhs-health-trainers.co.uk/our-services/adult-weight-management/scarborough-whitby/

Selby - 'Move It, Lose It'

Telephone: 01942 404799

Email: ihl.wigan@nhs.net

www.inspiringhealthylifestyles.org/selby/sports-development/move-it-lose-it/

Public health contact details

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Humber Teaching NHS Foundation Trust

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Airedale, Wharfedale, Craven CCG

Harrogate and Rural District GGG

Hambleton, Richmondshire, Whitby CCG

Scarborough and Ryedale CCG

Vale of York CCG

Public Health Analysts and Intelligence, North Yorkshire County Council

References:

NHS (2019). **What is the body mass index (BMI)?**

<https://www.nhs.uk/common-health-questions/lifestyle/what-is-the-body-mass-index-bmi/>

Obesity Health Alliance (2017). Briefing paper, Costs of Obesity. <http://obesityhealthalliance.org.uk/wp-content/uploads/2017/10/OHA-briefing-paper-Costs-of-Obesity-.pdf>

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