## Overweight and obesity management: the potential care journey





# Person joins the pathway

This could be via...

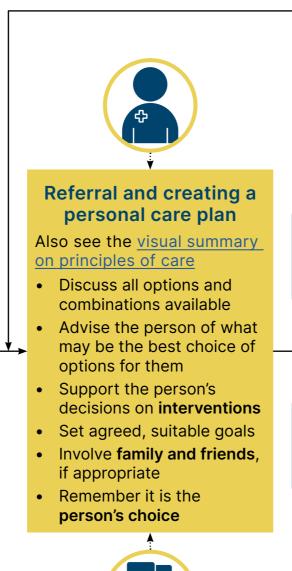
- **GP**
- Secondary care
- Social worker
- Employment
- Place of education
- Community
- Self-referral

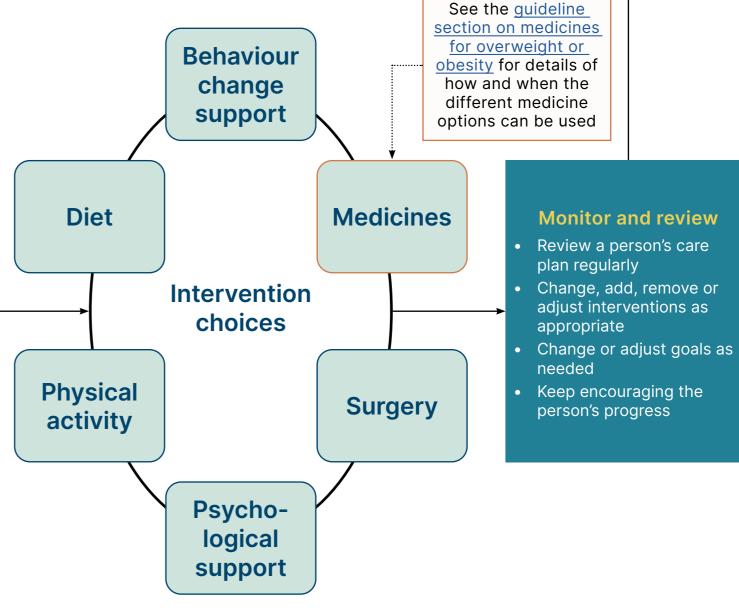
Progression through the steps only happens as needed

A person's choices and journey may vary depending on local or regional availability of services and interventions

### Information and support

- Explain how a person's circumstances may affect their weight loss journey
- Recommend suitable behaviour changes (see below) to use throughout their care journey
- Explain the benefits
- Support the person's choices
- Encourage their progress





### **Behaviour changes**

- Identify behaviours that undermine a person's efforts to manage their weight
- Encourage positive behaviours
- Encourage healthy eating
- Encourage regular exercise
- Encourage stopping smoking and reducing consumption of alcoholic or sugary drinks

#### Additional behaviour changes for children and young people

- Create a supportive environment
- Address family behaviours that may contribute to weight gain or retention
- Encourage active play
- Act as a positive role model
- Encourage reducing consumption of sugary drinks and sweets
- Encourage getting enough sleep