# 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 on principles of care • Explain how a person's circumstances may affect Discuss all options and their weight loss journey Recommend suitable behaviour changes (see below) to use throughout options for them their care journey Support the person's Explain the benefits Support the person's choices Encourage their progress if appropriate

#### change different medicine support options can be used Referral and creating a personal care plan Also see the visual summary **Diet Medicines** Monitor and review Review a person's care combinations available plan regularly Advise the person of what Change, add, remove or Intervention may be the best choice of adjust interventions as choices appropriate Change or adjust goals as decisions on interventions needed **Physical** Set agreed, suitable goals Keep encouraging the Surgery person's progress Involve family and friends, activity Remember it is the person's choice Psychological support

**Behaviour** 

## 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

See the guideline section on medicines for overweight or

obesity for details of

how and when the

- 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