

Health Improvement

Lanarkshire Weight Management Service (LWMS), Clinical Initiatives Flash Report 2022/2023



LWMS brings together a range of existing and new programmes to support weight management, healthy eating, physical activity and green health, with interventions from Tier 1 healthy lifestyle support to Tier 4 bariatric surgery referrals. **This flash report is an update into our clinical initiatives (Tier 3 & Tier 4).**



Child & Young Person

Getting Our Active Lifestyle Started (GOALS)

In the last year, GOALS received 130 **referrals** for Children & Young People (CYP) between 4-17 years old. 72% of these referrals were residents from SIMD 1 & 2 areas and 68% of these referrals were for CYP between 8-15 years old. This approach provides one-to-one dietetic and physical activity support across a variety of venues in Lanarkshire.

72% of referrals from SIMD 1 & 2 areas.

Adults – Tier 3

27 patients engaged

Tier 3 is a specialist programme offering support and guidance on making and sustaining changes to eating and activity behaviours.

Healthier Together (HT)

HT is a group or digital weight management intervention provided in partnership with South Lanarkshire Leisure & Culture and North Lanarkshire Council, which is delivered over a 12-month period.

Group intervention

- Launched new hub in Aquatec Motherwell for sessions to take place
- 27 residents engaged in the active phase programme, between Carluke and Motherwell venues
- 2 completed the programme so far with 22 are in maintenance phase

The **active phase** includes nutrition advice and physical activity. The **maintenance phase** is all about support, to help patients keep weight at new, lower level. There is also a small offering of 1-1 for patients unable to attend groups.



Clinical Weight Management Team

The Tier 3 Adult Weight Management services is now able to accept referrals directly from Primary Care via SCI Gateway for adults and child and young persons.

HT Digital

- Launched in 2022 for people to access the programme from home
- 17 residents engaged in the active phase of programme
- 10 are in maintenance phase

Patient Feedback:

“Not having to travel to an HT group was beneficial, especially since the locations offered had not always been accessible due to the distances involved.”

Exercise videos:

Ten, Tier 3 exercise videos were recorded by the instructors for participants. & have been viewed 121 times. [View here.](#)

Adult – Tier 4

Tier 4 is for patients that have completed tier 3 interventions and are now being considered for bariatric surgery.

Bariatric Surgery

Referral pathways have been built in for patients re-directed from the bariatric service after vetting, ensuring that these clients still access clinical led weight management support even if they are not eligible for surgical interventions in NHS Lanarkshire.

To date no tier 3 weight management (non-diabetic) patients have needed referral for consideration for Tier 4 interventions, however there is a referral route for eligible patients to access bariatric surgery.

Support for clients re-directed from bariatric surgery.

Keep Well for Surgery

LWMS and local orthopaedic services piloted a direct referral pathway of a nurse led Tier 3 equivalent healthy weight and physical activity intervention. Eligible patients with a high BMI and hoping for Arthroplasty of their hips or knees were referred to the pilot or identified.

Overall, all 12 patients lost an average of 3kg/m² in 12 weeks.

101 patients assessed

12 patients required support.



Psychology

Psychology

- 101 psychology assessments conducted over the year, and 72% required psychological intervention.
- Widened access to low intensity psychological interventions for Tier 3 patients via launching Healthy Mind, Healthy Weight Talks, which are self-help talks on common psychological difficulties experienced in weight management. These can be accessed [here](#).
- The team delivered MAP of Health Behaviour Change training to 8 staff, as well as training that was successfully delivered to 14 Tier 2 leisure staff on the content of the redeveloped Weigh To Go.
- Providing consultation and support to staff to signpost on to appropriate mental health services/ self-help resources.

Addressing Health Inequalities

As costs of living impact on food choices for many more households, more people are at risk of becoming overweight or obese. A training session with this focus is in development for NHSL staff. The session is titled Understanding Obesity and Health Inequalities and includes action points for strategic and individual practices.

The clinical weight management team are evaluating delivery and capacity as services roll out. Where possible we are building our staff resource to match the demands of the service including recruitment of dietetic assistants and a Specialist Child and Young Persons Clinical Psychologist. Other important developments include building better integrated pathways for people living with pre-diabetes.

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