

FAQs

Do I have to pay for the service?

Depending on your health needs, weight management programmes may be funded or you may be offered guided self-help. Most of the options you will be offered are free.

Can I join the weight management service without a referral?

No, the service requires a referral from a health care professional such as your GP, practice nurse or health care worker.

Do I qualify?

The Devon Weight Management Service is for people aged 16+ who meet the referral criteria and live within the Devon County Council boundary.

What happens if I go on holiday?

Making a lifestyle change takes determination, so plan to start your weight management programme at a time when holidays or other events are not likely to disrupt your progress.

What if I want bariatric surgery?

You should discuss the option of bariatric surgery with your GP or health professional. In most cases you will need to have demonstrated your commitment to achieve a healthy weight by completing the weight management services on offer through Devon County Council. Your GP will be informed of your achievements and this will help you both to decide whether you would benefit from the specialist services which, if you are eligible, you may be referred onto.

Quotes from Devon Weight Management Service users

"I still can't believe what I've achieved. I now jog on a regular basis and my confidence is through the roof. I am starting to realise that there is nothing I cannot do."
(Mum of 2, aged 30)

"My weight loss has reduced the pain in my legs and knees. I have a lot more energy and am more confident about myself."
(Male, aged 40)

"You have introduced me to a new way of life and I am feeling so much more positive and energetic, I look forward to doing exercise now and have started walking at lunchtimes."
(Female, East Devon)

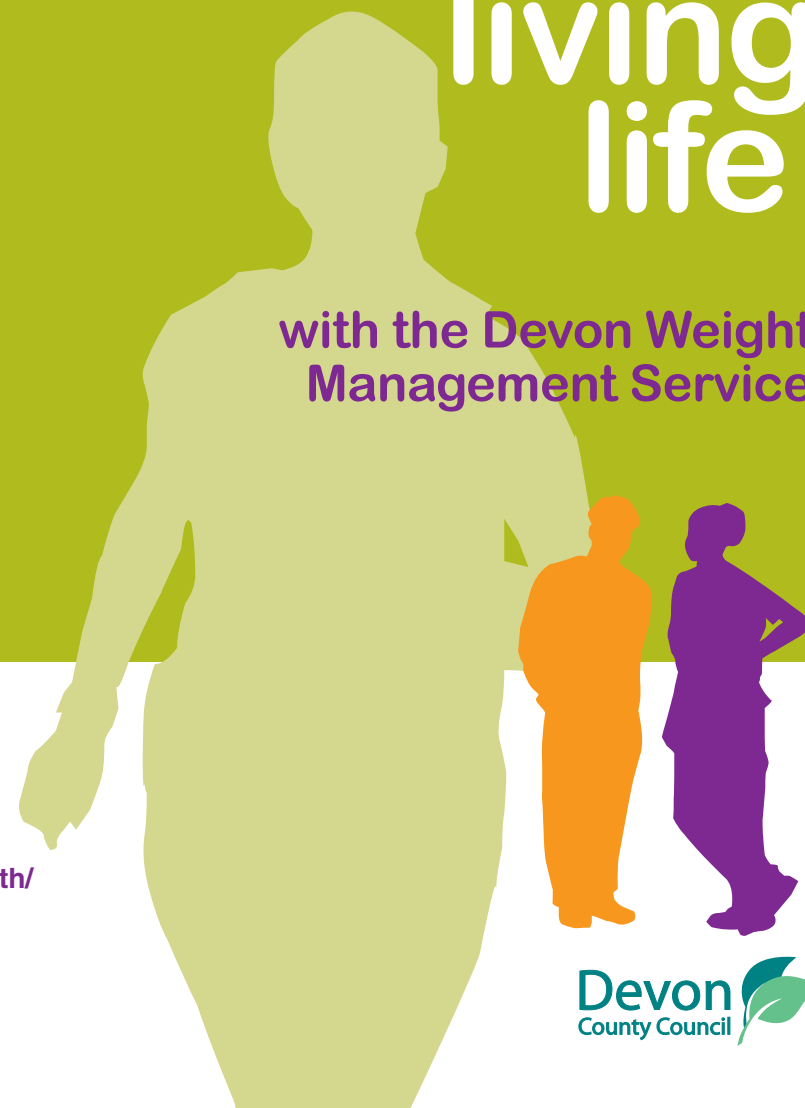
Healthy weight, living life

with the Devon Weight Management Service

More information about the positive impacts weight loss and physical activity can have on your health can be found at:

getactivedevon.co.uk

new.devon.gov.uk/adultsocialcareandhealth/health-and-wellbeing/healthy-weight



Why start a weight management programme?

We know that our health now and in the long-term will be improved if we achieve a healthier weight, and we all know how difficult it can be to lose weight and keep it off. Losing just 5–10% of your body weight and keeping it off will have a positive effect on blood pressure, joint pain, the risk of developing diabetes and many other health problems.

What are my weight management options?

Whether you are interested in joining a weight loss support group, are hoping to increase your physical activity levels and become fit, or just want the reassurance of a health care professional, the **Devon Weight Management Service** has a programme to suit you.

What does the Devon Weight Management Service offer?

The service offers different levels of support depending on your health conditions, location, needs, and personal goals. People referred to the service will take part in a 12 week weight management programme.

You will be offered one of two options:

The Devon Weight Management Tier 1 Service offers telephone based support and a tailored self-help guide, including local information about self-funded or free opportunities in your community.

The Devon Weight Management Tier 2 Service offers weight management support through healthy lifestyle and physical activity programmes.

How does it work?

Get referral from your **healthcare professional**

Choose programme with **Healthy Lifestyles Hub**

Start sessions with **programme provider**

REFERRAL

Deciding to lose weight involves commitment and planning and often some extra support can help. After talking with your health professional, you may decide that you would benefit from some support and so agree to be referred to the Devon Weight Management Service. Your referral would go to the **Healthy Lifestyles Hub** who act as the link between you and the programmes on offer.

CHOICE

One of the Healthy Lifestyles Hub staff will phone or email you, answer your questions and help you choose a programme suited to your needs and goals, from traditional weight loss programmes to leisure centres, pharmacists and health care workers or telephone support.

Devon Weight Management Tier 2 Service

COMMITMENT

After your first session with your chosen programme, you can make a commitment to attend regularly (or ask the Healthy Lifestyles Hub to look at other options for you). After your second session, you won't be able to change until you reach the end of the programme.

FURTHER SUPPORT

After 12 weeks you will be assessed by staff on your programme and have the opportunity to discuss your progress. If you have attended at least 75% of your sessions and achieved at least 2% weight loss, you will be eligible to take part in a further 12 weeks. You can stay with your current programme or choose a different one. If you haven't met both of your targets, you'll be given information about self-funded opportunities to continue with the lifestyle changes you have made so far.

CONTINUATION

At either 12 weeks or 24 weeks, you might be encouraged to seek a review with a health care professional to check the impact of your weight loss on health indicators such as blood pressure. This may be useful if you are eligible to progress to specialist weight management services for further support.

