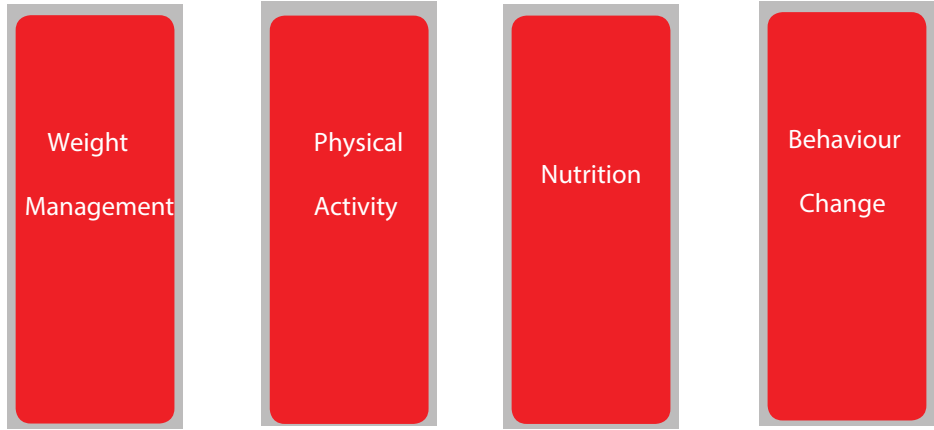


A Service for Obesity Prevention and Weight Management for Lancashire Pathway

POINT OF CONTACT INTO THE SERVICE
 Initial holistic needs assessment to determine eligibility, comorbidities, BMI, current levels of physical activity and willingness to change
 Accept self referrals or referrals from health or social care professionals

Targeted Community Intervention



12 Weeks (1 X Per Week - 1:1 & Groups)

Multi-component tailored programme delivered in line with NICE guidance
 Personal Goal Setting (Baseline measures with follow up at 6 months & 12 months)

Building capacity in local communities and settings to develop a sustainable shift in healthy attitudes and behaviours
 Preventative lifestyle advice, guidance, support and training focused on:
 1. Dietary Intake 2. Weight Management 3. Physical Activity
 4. Reducing Sedentary Behaviour 5. Behaviour Change

Complementing existing provision:
 Signposting to community activities such as:
 Walking
 Commercial WM Group
 Leisure Centres
 Sports Clubs
 Exercise Classes
 Green Gyms
 Digital Options, Support & eHealth
 Healthy Eating Initiatives
 Growing Schemes
 Active Travel
 Access to Green Spaces

Targeting settings:
 Early Years
 Workplace
 Community
 Schools
 Colleges
 Universities

Prevention & Early Intervention

Prevention & Early Intervention