

A Service for Obesity Prevention and Weight Management for Lancashire Pathway Overview



Adult



Pregnancy



Family



Child

Eligibility:

- ✓ Individuals and families with a willingness and motivation to change
- ✓ Pregnant women
- ✓ Women of childbearing age wishing to conceive
- ✓ A resident in Lancashire

Not suitable for:

- ✗ Individuals with a known eating disorder
- ✗ Individuals with underlying medical causes for obesity that would benefit from more intensive clinical management
- ✗ Significant co-morbidity or complex need as identified by their GP or other healthcare professional

Prevention and Early Interventions

Support settings to promote healthy weight and physical activity (e.g. Workplace, Community, Early Years)

Provide brief intervention training

Referrals to and from other services

Targeted Community Interventions

Adults and Family (16 years and above)

BMI between 25 and 35 kg/m²

Taking less than 150 minutes of physical activity per week

Encouraging family / carer support and involvement

Children (4-16 years)

BMI between the 91st and less than the 98th centile

BMI at or above the 98th centile