

Weight Management for Adults

FREE practical training on obesity for healthcare professionals in Hull

Aims

- Increase healthcare professionals' (HCPs) knowledge of obesity, confidence and skills, empowering them to have healthier conversations and brief interventions around weight with patients using a person-centred approach
- Increase referrals to appropriate local and national weight management, pre-diabetes and type 2 diabetes (T2D) services as per NICE guidance

About the training

- A free, 1-hour (or longer) online or face-to-face interactive training session to groups of HCPs delivered by a trained GP, until the end of September 2023
- Target audience: All primary care HCPs and trainees e.g., GPs, nurses, healthcare assistants, pharmacists, advanced clinical practitioners, nurse practitioners, physician associates, social prescribers, health coaches, GP trainees, foundation doctors. Ideal for PTLs, CPD training, lunchtime meetings etc.
- In collaboration with: Hull Public Health Team, Yorkshire and Humber Obesity Research Alliance and Office for Health Improvement & Disparities (Y&H Region)
- Peer reviewed by: HUTHT dietetics team, Association for the Study of Obesity, NNEdPro Global Institute for Food, Nutrition & Health, other local and national experts and academics

Background info

- Obesity is a leading cause of T2D, CVD and cancer, increases the risk of many other conditions and reduces life expectancy by up to 10 years
- Prevalence of adult overweight and obesity in Hull much higher than national average
- There is low clinician knowledge and confidence in obesity management and barriers exist around raising the issue of weight in consultations
- There is a wide variation in weight management and diabetes referrals by Hull practices and in service uptake by participants linked to deprivation

Feedback

- 31/40 attendees of pilot session rated as 'extremely useful' and 9/40 as 'useful'

Really helpful and interesting presentation, thank you :)

Brilliant session

Great talk, well presented and very knowledgeable

How to book: Contact varun.anand@nhs.net