

Weight Management Enhanced Service

Support is offered locally both commercially and via your GP Surgery. Help is available to look at your general health and discuss the reasons for any potential weight gains that you have experienced. We can then look at methods which will support you to adopt a healthier lifestyle to work towards weight loss and becoming healthier as well as reducing the risk of serious conditions.

Maintaining a healthy weight can be a good way of preventing disease such as diabetes, hypertension and stroke.

Your weight is one indicator of health, but other areas can also be looked at too. Factors such as BMI and excess tummy fat could be an indicator of health issues. The GP may carry out other assessments such as blood pressure and blood tests to see if there any other issues.

If you are overweight, changes to your diet and exercise regime can have a big factor and this can be supported by your local surgery. Personal goal setting sessions and support in person, over the phone and by email may help you to meet these goals.

Weight loss medicines and surgery are a last resort and they will only be a temporary relief, it is the behaviours and regime that need to change in order to make the weight loss long lasting and create a new healthier you.