

Caring in Partnership

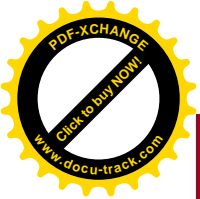
Ashleigh Macaskill Community Dietitian



THE **WEIGH TO HEALTH**

why wait to lose weight?



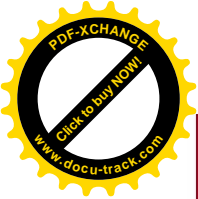


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What is “Weigh to Health”?



- 3 year Big Lottery funded project
- Targeting Obese/overweight individuals
- Medically fit to be more active
- Self referral
- 6 week programme run in community:
 - Group approach
 - Nutrition education
 - Chair based activity or short walks
 - Behaviour modification

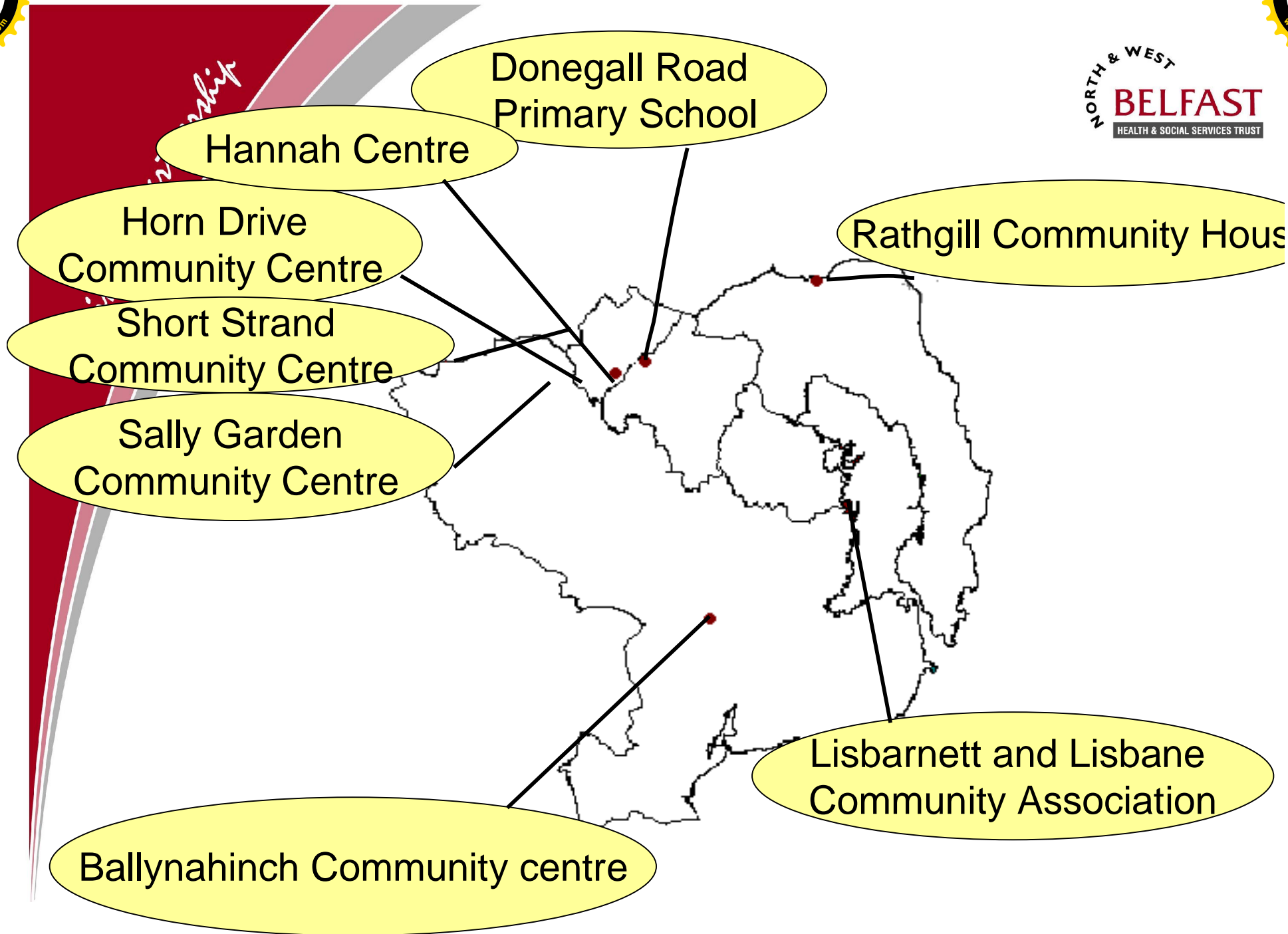
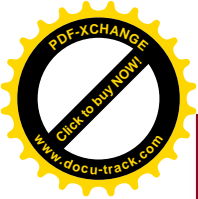


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Multidisciplinary Steering Group

Development of project is guided by steering group

- Clinical psychologist
- Community Dietitian
- Health Promotion Officer
- Physical Activity Co-ordinator
- Seeking user involvement



Ballynahinch Community centre

Lisbarnett and Lisbane
Community Association

Short Strand
Community Centre

Horn Drive
Community Centre

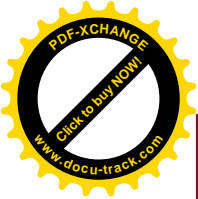
Sally Garden
Community Centre

Hannah Centre

Donegall Road
Primary School

Rathgill Community House

Lisbarnett and Lisbane
Community Association



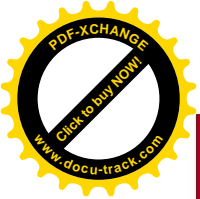
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Topics

- Safe weight loss
- Balance of Good Health
- Food labelling
- Behaviour change
- Fibre
- Fats and sugars
- Salt
- Alcohol
- Benefits of physical activity





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Groups in North and West



- Pilot programme was run in North + West Belfast in New Lodge and Duncairn
- Year 1 The Hannah Centre, Crumlin Road
- Group in Horn Drive, Lenadoon high drop off rates November 2005
- Needs close partnership working



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Groups across the EHSSB

NORTH & WEST
BELFAST
HEALTH & SOCIAL SERVICES TRUST

- Target group Men, good attendance
- Community Development worker attended each week for walks
- The group have now started Cookit! Programme



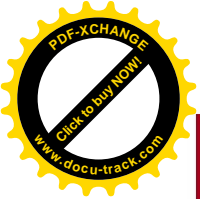
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Groups across the EHSSB

NORTH & WEST
BELFAST
HEALTH & SOCIAL SERVICES TRUST

- Well attended group in primary school
- Pilates class now running in school





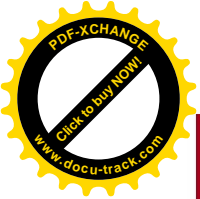
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Attendance Year 2

- 61 attended one or more session
- 41 attended two or more sessions
- 17 attended four or more sessions

Range of starting BMIs

- | | |
|-----|-----------------------------------|
| 4% | 20-25kg/m ² |
| 15% | 25-30 kg/m ² |
| 23% | 30-35 kg/m ² |
| 11% | 35-40 kg/m ² |
| 10% | Greater than 40 kg/m ² |



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Weight Loss

Target weight loss

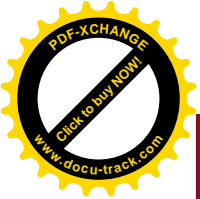
5% or weight maintenance

Actual average weight lost (of that measured)

2.0 kg (1.8%)

Range

6.1Kg (5.1%) loss – 0.1Kg (0.1%) gain



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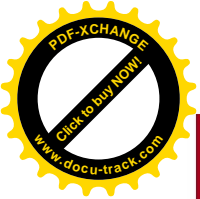


Comments (What did you Learn?)

“How to eat more fruit and how to select more nutritious food”

“Mostly the different fats in certain foods and amount you only have to eat without stuffing yourself”

“You can exercise whilst watching TV. So Simple. Walking is the best exercise you can do”



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Comments

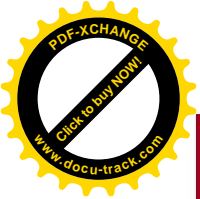
“Enjoyed meeting other people who understood what I wanted to achieve”

“You can exercise whilst watching TV. So Simple. Walking is the best exercise you can do”

“less fat and salt, more fruit and veg”

“Just cut down generally”

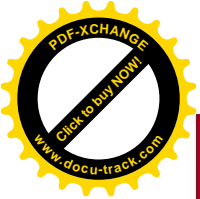
“I really enjoyed this (chair exercises) and do my exercises each morning”



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Challenges

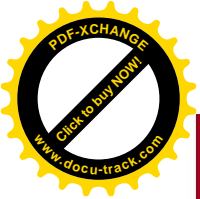
- Unable to predict numbers in groups
- Environment of community organisation
- Local Knowledge
- Different levels of physical ability within group
- Different Learning Styles and needs



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What Next?

- Training for community development workers and volunteers
- Training pack for future use
- Six month follow-up for year 2 groups
- Need to address sustainability

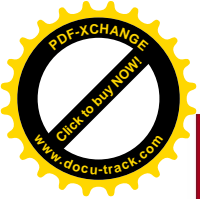


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Summary



- Successful weight loss in a group setting
- Group members have increased physical activity levels
- Improved Diets
 - Group members are eating more fruit and veg
 - Reduced high fat, high sugar foods
- Requires partnership working
- Signposting to other schemes
 - Cookit!
 - Walking the way to Health



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Summary

- Requires funding to sustain project
 - Trained volunteers should be supported
 - Need to ensure quality
- Possible approaches to consider for future
 - E.g. Family group approach
 - Programme for children

