

Healthy Living Consultation Service:

General Introduction:

Hi, my name is _____.

- We're offering a free healthy living service this month, offering free individual customised advice on how to get more active and maintain a healthy weight.
- Private consultations take 5-10mins and remain anonymous.
- It involves teaching how to measure BMI, waist circumference, how to access local support groups and more.

Is this something you would be interested in?

During Consultation:

Introduction:

During this consultation, we will first, cover the steps on how to measure BMI and waist circumference which I will record on this patient record card which you can keep. Next according to the readings we will discuss how you can improve your health. Is that okay?

Consultation Steps:

1. First, I will teach you how to measure your BMI and then waist circumference (record on patient card)
 - 1) Measure height and weight
 - 2) Calculate BMI (kg/m^2) = (weight (kg) / (height (m) x height (m)), can also use NHS BMI Calculator online -- check if within normal range
<https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/>
 - 3) Measure waist circumference
2. Provide suitable healthy living advice
NHS 12 tips to help you lose weight (<https://www.nhs.uk/live-well/healthy-weight/12-tips-to-help-you-lose-weight/>), (do not skip breakfast, eat regular small meals, eat plenty of fruit and veg., get more active, drink plenty of water, read food labels, use a smaller plate, do not ban foods, do not stock junk food, cut down on alcohol, plan your meals)
3. Provide advice on local support groups and organisations
 - <https://www.nhs.uk/service-search/other-services/Weight%20loss%20support%20groups/LocationSearch/1429> (allows you to find local support groups near your area)

- <https://www.meetup.com/topics/weight-loss-support/gb/17/london/> (meet ups with support groups to join a community of people with a similar goal of healthy living)
4. Provide self- monitoring advice and offer to help patient monitor/ review their health in 1 month's time
- NHS weekly healthy weight plan and self monitoring book (<https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/>), (<https://assets.nhs.uk/tools/download-panels/data/weight-loss/pdf/all-weeks.pdf>)
 - NHS personalised weight loss plan, meal ideas and tips (<https://www.nlg.nhs.uk/content/uploads/2016/02/IFP-0899.pdf>)
 - NHS forth valley 6 steps to help you maintain your healthy weight (<https://nhsforthvalley.com/health-services/health-promotion/nutrition/choose-to-lose/>)
5. Address any questions or concerns

End consultation:

I hope you have found this helpful. We will review your progress at the end of the month where we can discuss what went well and where we can further improve and help you track your progress. Thanks.

Extra Support:

<https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/>

<https://nhsforthvalley.com/health-services/health-promotion/nutrition/choose-to-lose/>