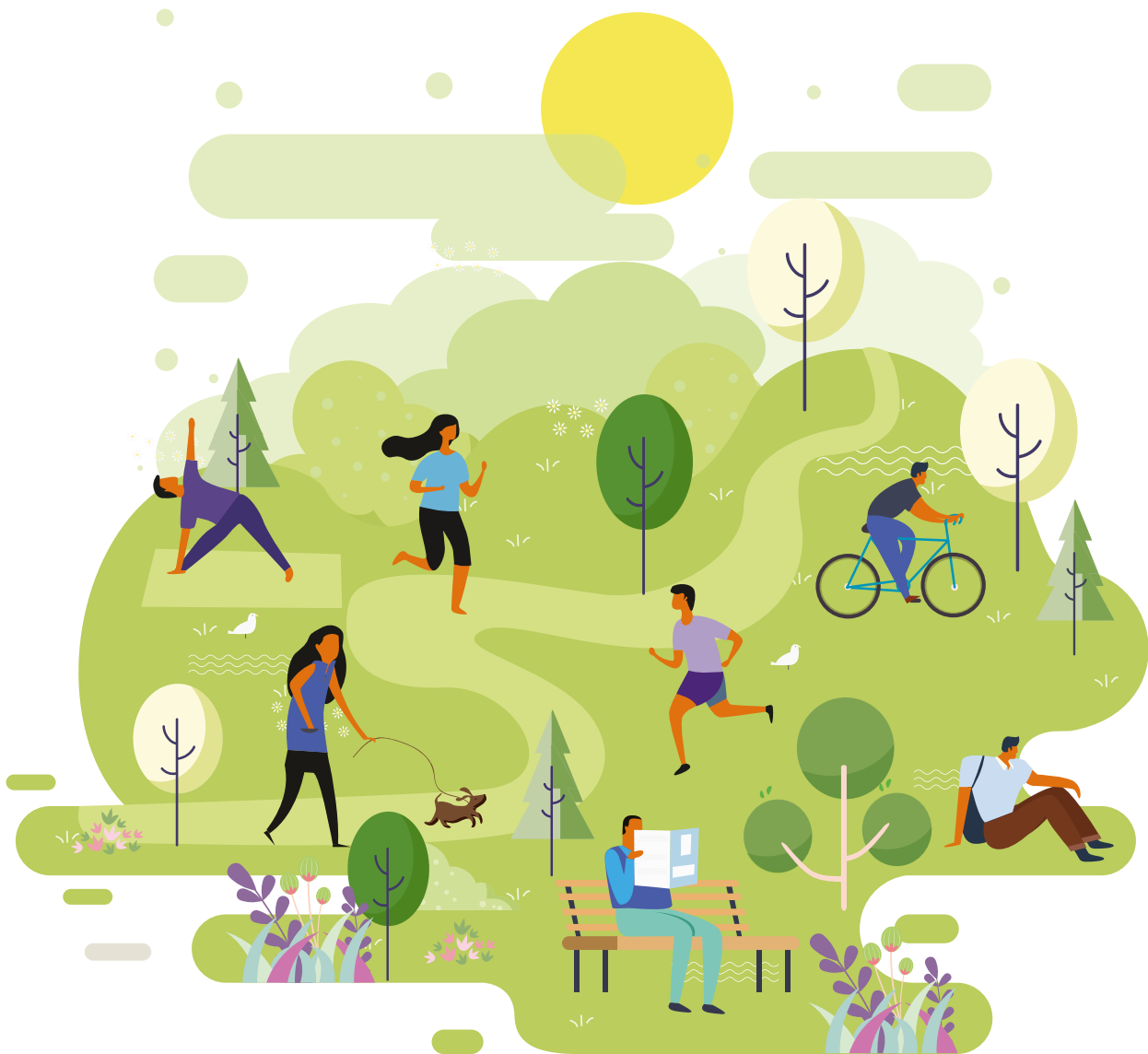


North Yorkshire Adult Weight Management Service

Annual report 2019



Adult Weight Management Annual Report

This report provides an overview of the Tier 2 Adult Weight Management Service in North Yorkshire from 1st January to 31st December 2019.

Contents

1. Glossary	2
2. Introduction	4
3. Purpose of Report	4
4. Background to the Service	5
5. National, regional and local prevalence data – adult obesity	8
6. North Yorkshire Adult Weight Management Service Data: (Year 2 – January-December 2019)	12
7. Case Studies and Testimonials	14
8. Public Health Outcomes Framework: Healthy Weight, Healthy Lives 2019	21
9. Provider contact details	22

1. Glossary

BMI (Body Mass Index)

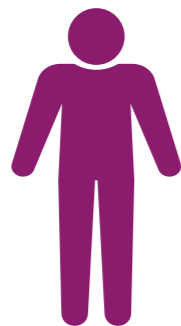
The body mass index (BMI) is a measure that uses your height and weight to work out if your weight is healthy. The BMI calculation divides an adult's weight in kilograms by their height in metres squared. For example, a BMI of 25 means 25kg/m².

BMI ranges

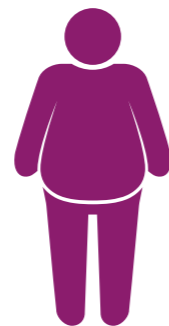
For most adults, an ideal BMI is in the 18.5 to 24.9 range. For children and young people aged two to 18, the BMI calculation takes into account age and gender as well as height and weight. If your BMI is:



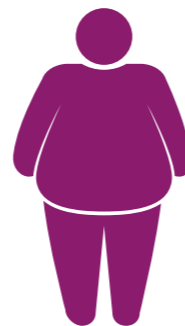
below 18.5 -
you're in the
underweight range



between 18.5 and
24.9 - you are in the
healthy weight range



between 25 and
29.9 - you are in the
overweight range



between 30 and
39.9 - you are in
the obese range

There are three obesity classifications. A BMI between 30.0 and 34.9 is Obese Class I, 35 to 39.9 is Obese Class II, and a BMI above 40.0 is Obese Class III.

You can calculate your BMI on the NHS BMI Healthy Weight Calculator at www.nhs.uk/live-well/healthy-weight/bmi-calculator/

Comorbidities

The presence of one or more additional conditions which co-occur with a primary condition. A comorbidity is each additional condition. For example comorbidities of obesity include high blood pressure, obstructive sleep apnoea, arthritis, and type-2 diabetes.

CCG (Clinical Commissioning Group)

Clinical Commissioning Groups are responsible for implementing the commissioning roles as set out in the Health and Social Care Act 2012. They are clinically-led statutory NHS bodies responsible for the planning and commissioning of health care services for their area.

North Yorkshire currently has three Clinical Commissioning Groups:

- Airedale, Wharfedale, Craven (AWC)
- Vale of York (VoY)
- North Yorkshire (formerly Harrogate and Rural District (HaRD), Hambleton, Richmondshire, Whitby (HRW), Scarborough and Ryedale (SR))

Clinical Commissioning Groups in North Yorkshire



2. Introduction

Obesity is widespread. Nationally two thirds of adults, a quarter of two to ten year olds and one third of 11-15 year olds are overweight or obese. The challenge in North Yorkshire is very real with over 62.3% of adults being overweight and/or obese.

In 2016 the North Yorkshire Healthy Weight, Healthy Lives Strategy (2016-2026) was launched. The strategy supports a whole-system approach to tackling obesity across the county. Six key priorities are identified within the strategy:

- Supporting children’s healthy growth and healthy weight
- Promoting healthier food choices
- Building physical activity into our daily lives
- Providing the right personalised accessible weight management services
- Ensuring people have access to the right information and resources to make healthy choices that support weight loss
- Building healthier workplaces that support employees to manage their weight

In line with these priorities stakeholders across North Yorkshire are delivering action to change the food and physical activity environment. The Tier-2 Adult Weight Management Service supports North Yorkshire’s population access high quality weight management services.

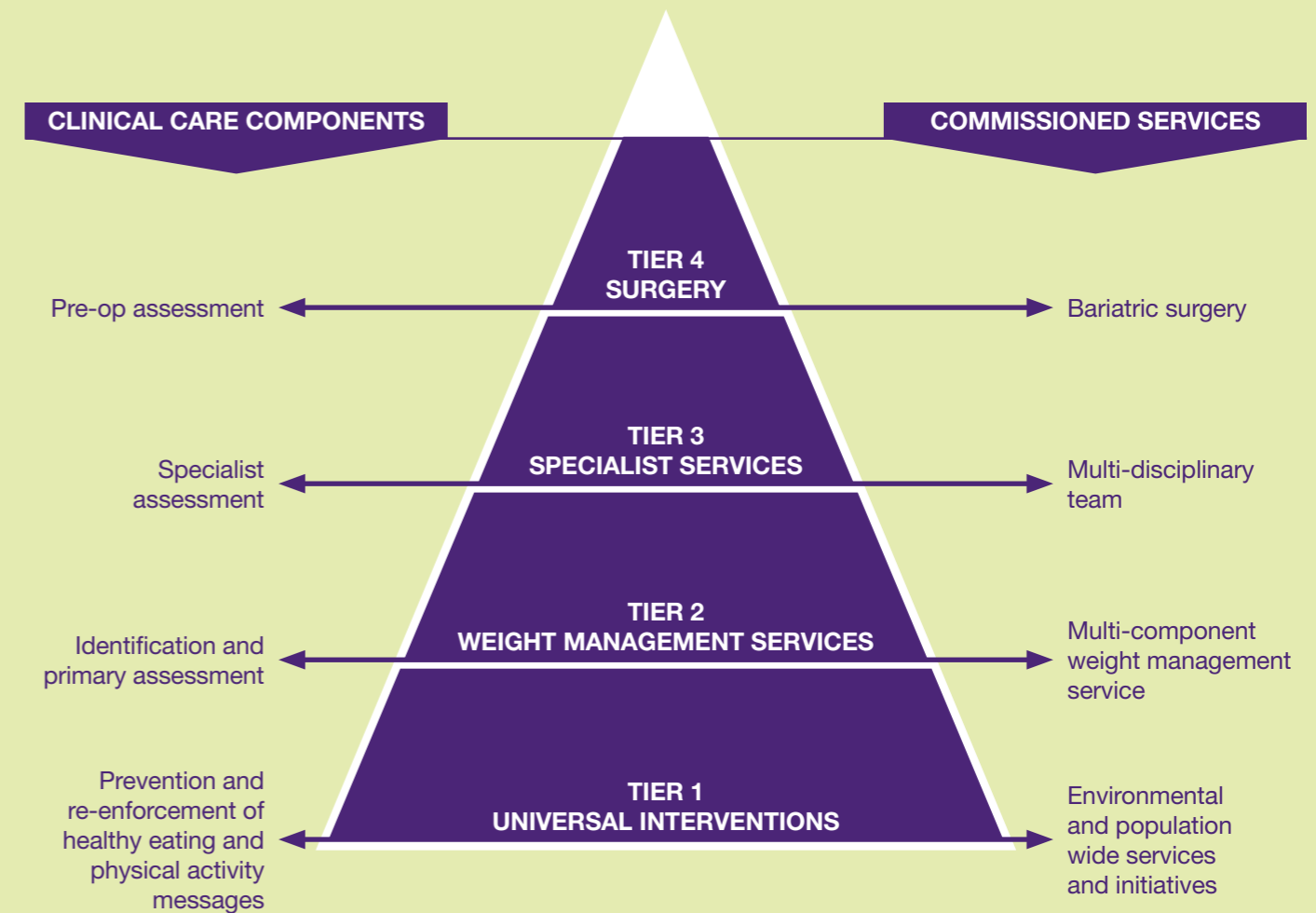
3. Purpose of Report

The annual report will present client outcomes for the County against modelled and predicted outcomes. North Yorkshire level data will be used for the whole service and a reporting period of 1st January to 31st December 2019. This highlights the performance of the service for the second year of the contract (Selby contract period is different to all other districts).

Although the reporting period ends on 31st December 2019 this will include any clients who have started their first session of a 12- or 24-week programme within that period. As such, clients end date on the programme may be up to the end of June 2020 and the outcome of some clients may have been impacted by the Covid-19 pandemic and the national lockdown. The full extent of the impact of clients during this time will be explored in the next annual report.

4. Background to the Service

The provision of weight management services is crucial in supporting people to make positive behaviour changes associated with food and physical activity. Clinical guidelines recommend a stepped approach to weight management depending on the level of obesity and whether a patient has weight-related co-morbidities. The obesity pathway highlights the recommended interventions at each level.



North Yorkshire Public Health team provided funding to the seven district councils across North Yorkshire to pilot tier-2 lifestyle weight management programmes for individuals aged 18 and over with a Body Mass Index (BMI) of 25 and over. The pilot programme ran from August 2014 to December 2017.

Teesside University was commissioned to deliver an academic evaluation of the pilot services. The final report presented key findings in relation to similarities and differences in service provision across the County, the impact of service provision in relation to the demographics of those accessing the services, and their outcomes at the end of the 12-week

programme and at a 6-month follow up. The findings from the evaluation and the recommendations for service provision in the future model by Teesside University provided the information needed to further develop the service model of delivery and high quality service specification for future provision.

The current North Yorkshire Adult Weight Management Service (tier-2) was formally procured in 2017. The Service launched in Selby in July 2017 and the remaining districts in January 2018.

Delivered in partnership with:



The new Service incorporates a structured assessment process from referral; triaging clients to assess eligibility and readiness to change, and supporting clients to set and review weight loss plans and physical activity agreements with their weight management advisor at an initial health assessment, 12-week and 24-week assessments. Clients are supported to achieve 5% weight loss at 12-weeks and sustain 5% weight loss at 24-weeks. The providers of the Service offer clients weekly weigh-ins, structured nutritional education and advice, and a free facilitated physical activity offer.

An overview of the providers delivering the Service in each district area is illustrated:

District	Name of service	Service provider
Craven	Healthy Lifestyles	Craven District Council
Hambleton	Take That Step	Hambleton District Council
Harrogate	Fit 4 Life	Harrogate Borough Council
Richmondshire*	Healthy Futures	Maple Health Group
Ryedale and Scarborough	NHS Weight Management Service	Humber NHS Foundation Trust
Selby	Move It, Lose It	Inspiring Healthy Lifestyles

*Richmondshire service is run by Richmondshire District Council from January 2020 under the name 'Choose to Lose'

Individuals who are eligible to access the Adult Weight Management Service include those:

- aged eighteen years or over
- BMI equal or greater than 25
- resident or registered with a GP practices in North Yorkshire, or working or an organisation based in North Yorkshire

Individuals meeting the following criteria should be excluded from this Service:

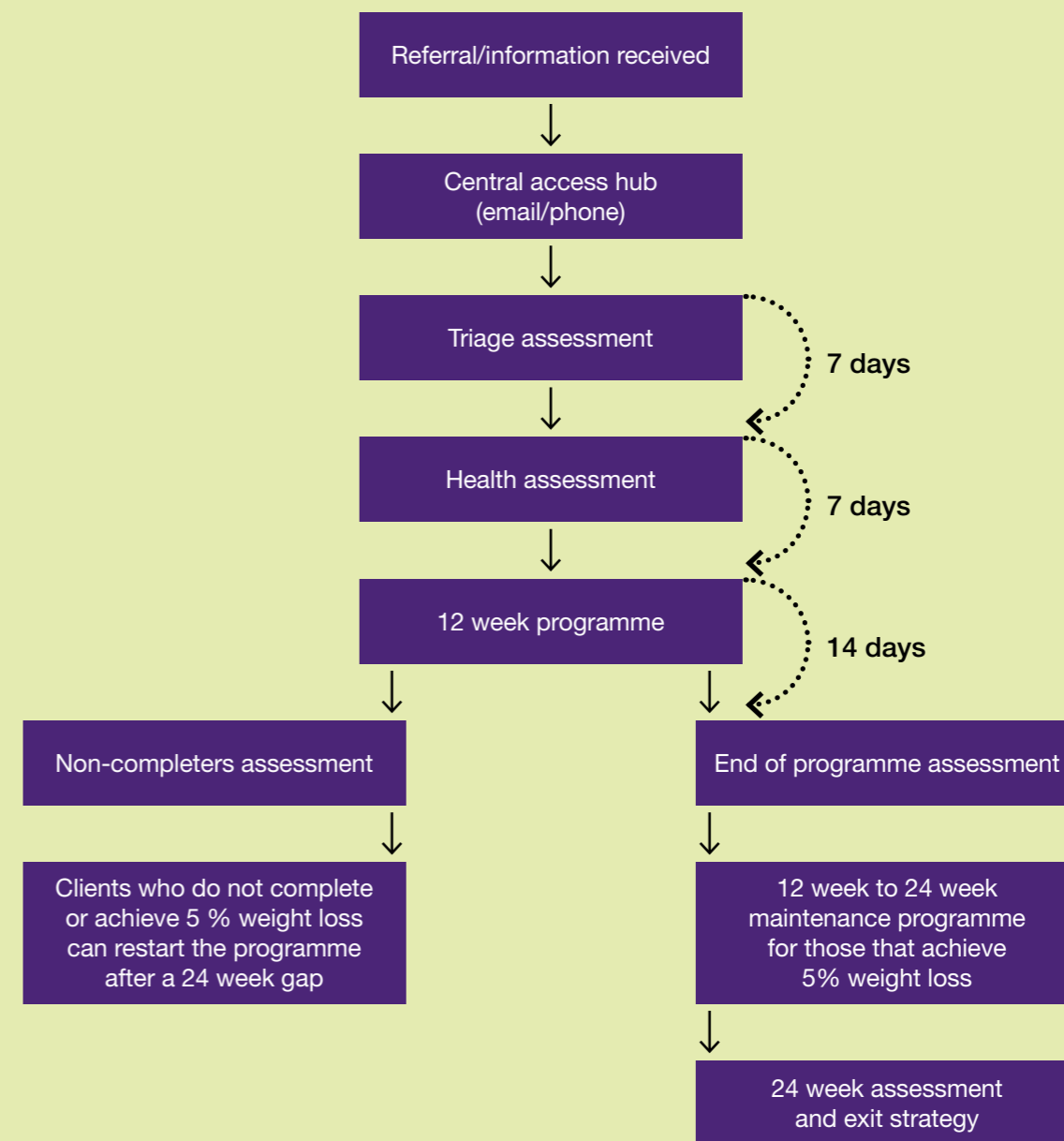
- under the age of eighteen
- have a BMI of less than 25
- are pregnant, or breastfeeding
- have a diagnosed eating disorder
- have an underlying medical cause for obesity and would benefit from more intensive clinical management from a tier 3 service
- have a significant unmanaged co-morbidity* or complex needs as identified by their GP or other healthcare professional
- have had bariatric surgery in the last two years.

*e.g. type 2 diabetes, cardio vascular disease, chronic obstructive pulmonary disease (unmanaged meaning not on medication and/or not subject to regular clinical review, or not completed a management programme such as diabetes management or cardiac rehabilitation). Each referral where a co-morbidity is identified should be assessed case by case and advice sought from the client's GP where appropriate.

Clients who do not meet the eligibility criteria are managed appropriately by the provider(s) of the Service, which may include a referral back to the GP/health care professional, referral into a tier-3 weight management service (where available), and/or sign posting to local tier-1 community activities.

The current service is delivered as a rolling programme by all providers.

The client journey from referral to exit (at 12 or 24-weeks) is shown in the below diagram:



More information on the service and providers can be found at:
www.northyorks.gov.uk/adult-weight-management-service

5. National, regional and local prevalence data – adult obesity

In England, almost seven out of ten men are overweight or obese (68%)



Six out of ten women are overweight or obese (60%)



The majority of adults in England in 2019 were overweight or obese; 68% of men and 60% of women. This included 27% of men and 29% of women in England who were obese with 2% of men and 4% of women morbidly obese.

In England, the prevalence of obesity among adults rose from 14.9% to 25.6% between 1993 and 2014. The rate of increase has slowed down since 2001, although the trend is still upwards. The prevalence of overweight has remained broadly stable during this period at 36-39%. The rapid increase in the prevalence of overweight and obesity has meant that the proportion of adults in England with a healthy BMI (18.5-24.9) decreased between 1993 and 2014 from 41% to 32.7% among men, and 49% to 40.4% among women. Morbid obesity has also increased, from fewer than 1% in 1993, to 3% in 2019.

The prevalence of obesity and overweight changes with age. The proportion of adults who were overweight or obese increased with age among both men and women. It was highest among men and women aged between 65 and 74 with 81% of men and 69% of women. The proportion of adults who were obese also increased with age and was highest among men aged between 65 and 74 (38%), whilst highest in women aged 45 to 54 (35%).

Obesity is widespread. Excess weight in adults is predicted to reach 70% by 2034. This rate of overweight and obesity affects the physical and mental state, and impacts on the life expectancy, of those affected. An increase in the prevalence of

long term conditions associated with overweight and obesity is contributing to the increased demand on health and social care services.

Once established, obesity is notoriously difficult to treat, so prevention and early intervention are very important.

Compared with a non-obese man, an obese man is:

- Five times more likely to develop type 2 diabetes
- Three times more likely to develop cancer of the colon
- More than two and a half times more likely to develop high blood pressure – a major risk factor for stroke and heart disease.

An obese woman, compared with a non-obese woman is:

- Almost thirteen times more likely to develop type 2 diabetes
- More than four times more likely to develop high blood pressure
- More than three times more likely to have a heart attack.

34% of men and 48% of women had a very high waist measurement, indicating central obesity. Adult obesity was associated with neighbourhood deprivation. In the least deprived areas 20% of adults were obese compared to 36% of adults living in the most deprived areas. More than half of adults (56%) were at increased, high or very

high risk of chronic disease due to their waist circumference and BMI. Women were more likely than men to be in the high or very high risk categories (46% and 35% respectively).

Risks of other disease, including angina, gall bladder disease, ovarian cancer, osteoarthritis and stroke, are also increased for those who are obese compared with those who are not.

Estimates of the direct costs to the National Health Service (NHS) for treating overweight and obesity, and related morbidity in England, have ranged from £479.3 million in 1998 to £4.2 billion in 2007. Estimates of the indirect costs (those costs arising from the impact of obesity on the wider economy such as unemployment, early retirement and associated welfare benefits) over the same time period ranged from between £2.6 billion and £15.8 billion.

Failing to address the challenge posed by the obesity epidemic will place an even greater

burden on NHS resources. It is estimated that the NHS spent £6.1 billion on overweight and obesity-related ill-health in 2014 to 2015.

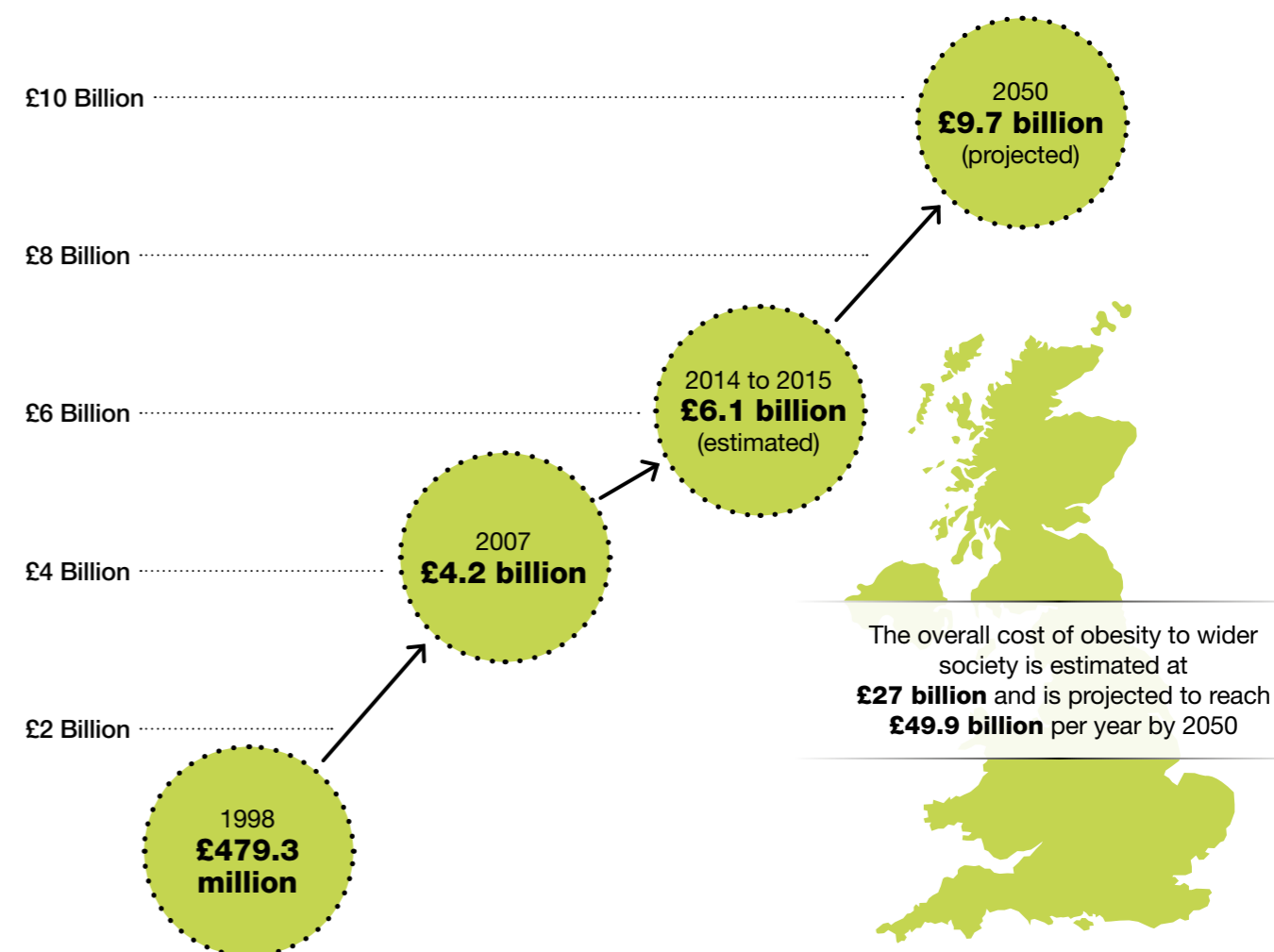
Annual spend on the treatment of obesity and diabetes is greater than the amount spent on the police, the fire service and the judicial system combined.

Obesity can harm people's prospects in life, their self-esteem and their underlying mental health. Research published in the British Medical Journal (BMJ) found that people who are obese or overweight are less likely to exercise in public as they feel discriminated against because of their weight.

More broadly, obesity has a serious impact on economic development. The overall cost of obesity to wider society is estimated at £27 billion.

The UK-wide NHS costs attributable to overweight and obesity are projected to reach £9.7 billion by 2050, with wider costs to society estimated to reach £49.9 billion per year.

NHS UK-wide NHS costs attributable to overweight and obesity



North Yorkshire

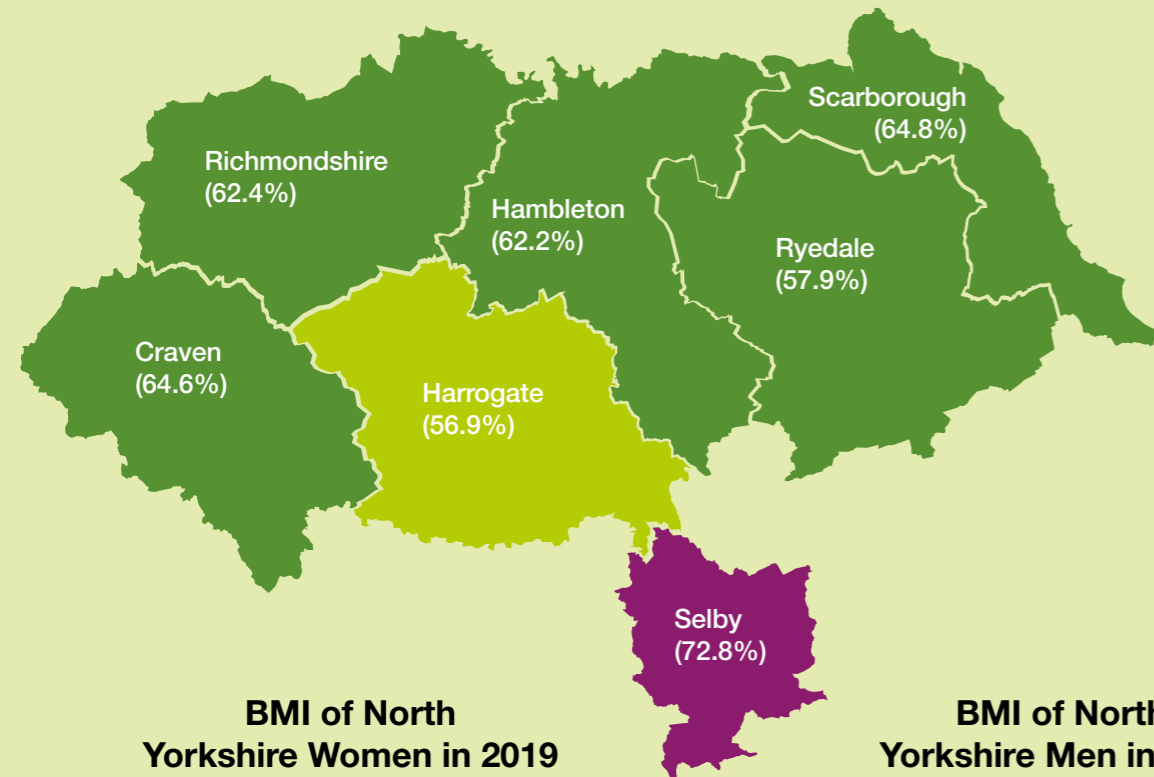
In North Yorkshire, the average BMI in adults is 27.7 Kg/m² with 41.23% of men and 31.34% of women classified as overweight, 24.76% of men and 24.65% of women classified as obese, and 2.19% of men and 4.41% of women classified as morbidly obese.

Excess weight in adults (aged 18 and above) has slightly increased in 2018/19 to 62.9% from 61.3% in 2017/18.

The prevalence in 2018/19 remains statistically similar to England (62.3%).

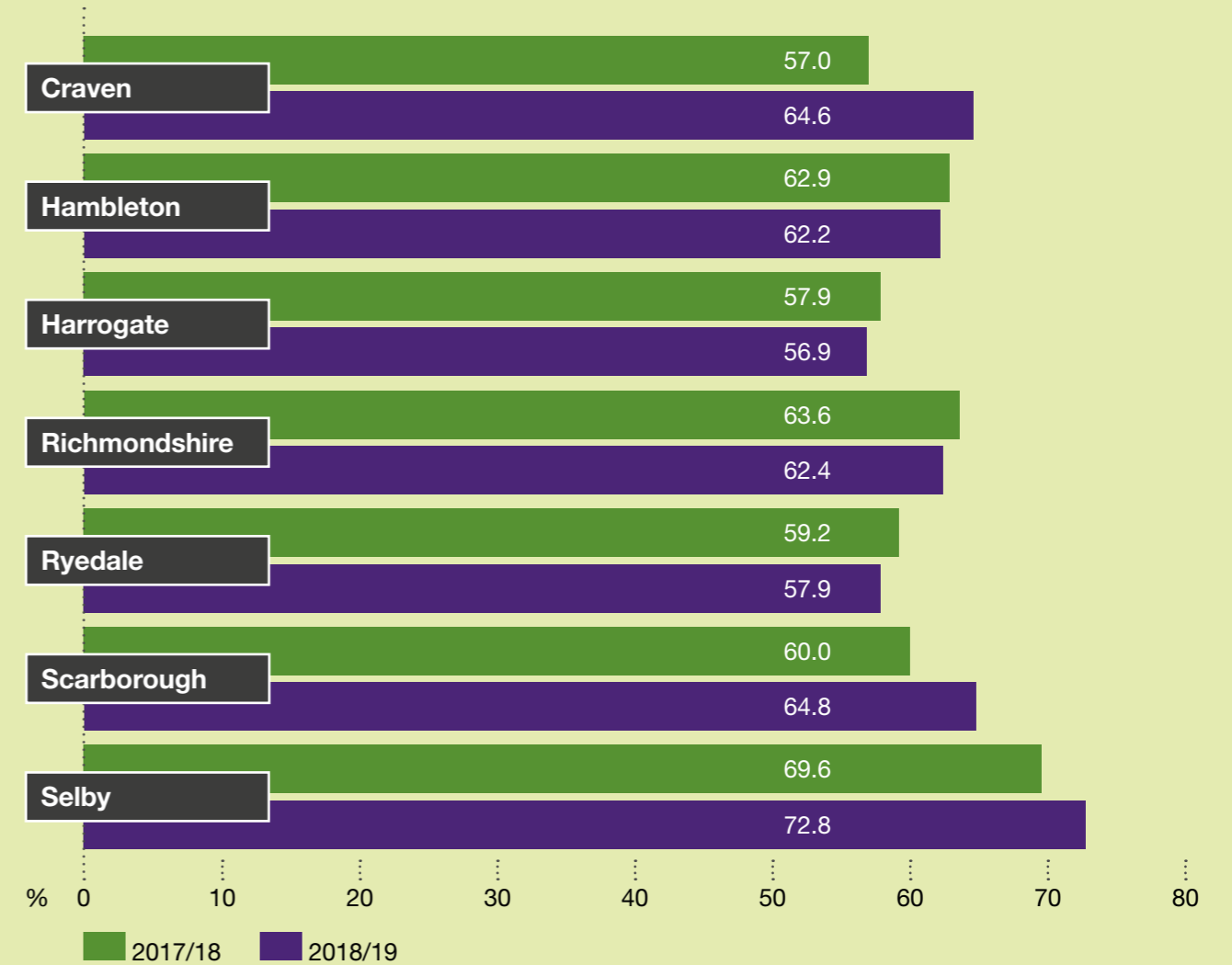
At a district level, in 2018/19, Craven (64.6%), Hambleton (62.2%), Richmondshire (62.4%), Ryedale (57.9%) and Scarborough (64.8%) are statistically similar to England (62%). Harrogate (56.9%) is statistically significantly lower than England and Selby (72.8%) is statistically significantly higher than England. The diagrams below illustrate the district level prevalence for 2017/18 and 2018/19.

Excess weight in adults in North Yorkshire 2018/19 compared to England (62.3%)

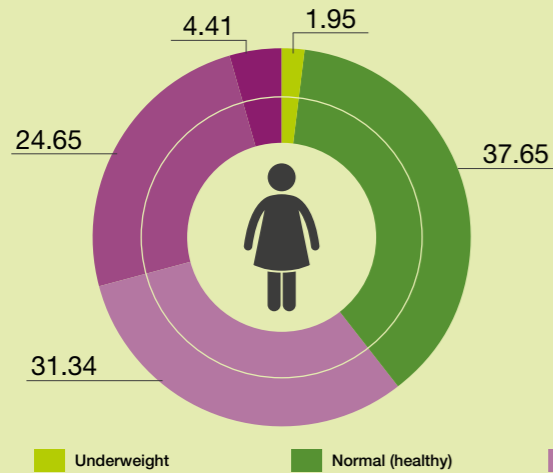


Percentage of adults (aged 18+) classified as overweight or obese

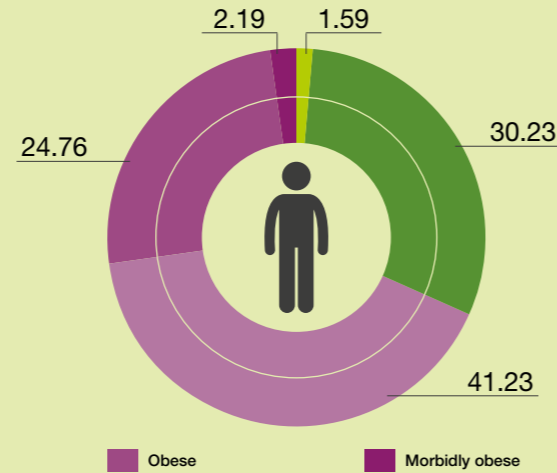
Source: PHE



BMI of North Yorkshire Women in 2019

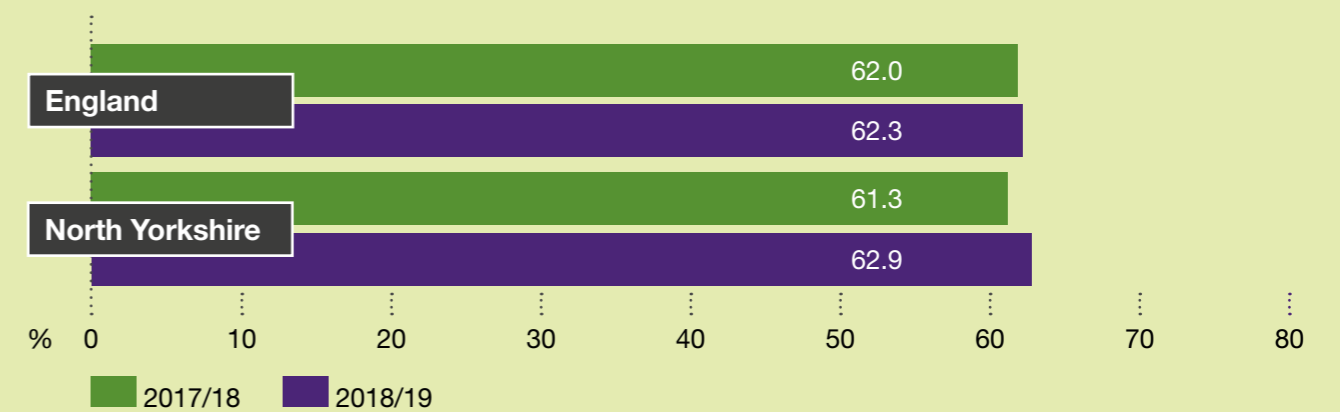


BMI of North Yorkshire Men in 2019



Percentage of adults (aged 18+) classified as overweight or obese

Source: PHE



6. North Yorkshire Adult Weight Management Service

Data: (Year 2 – January-December 2019)

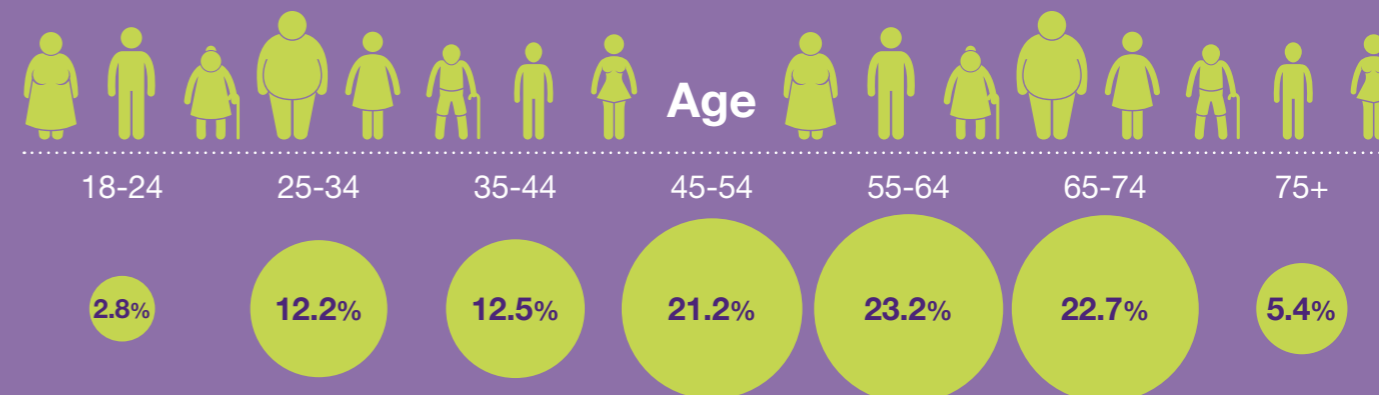
Service uptake			
Eligible population (Total NY population aged 18+ with BMI 25 or above)	Predicted uptake (1.5% of eligible population)	Actual referrals (number)	Actual uptake rate (%)
328,077	4,921	2,650	0.81%

Client completions (attending 9 out of 12 sessions of initial 12 week structured programme)			
Predicted completers (number)	Actual completers (number)	Predicted completion rate - referrals that complete (%)	Completion rate - referrals that complete (%)
2,952	1,525	60%	57.55%

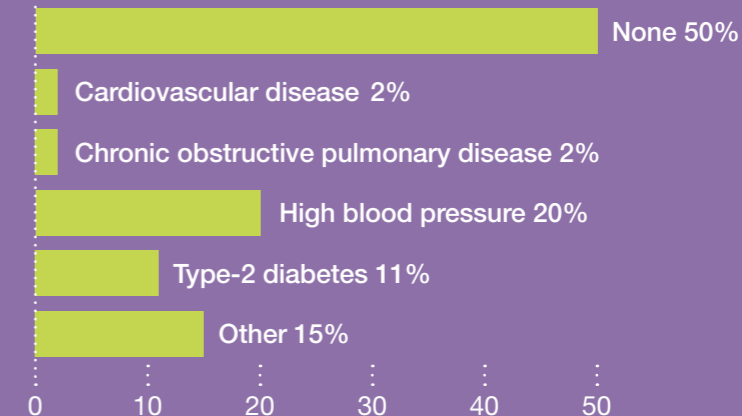
5% weight loss achievements at 12 weeks			
Predicted 5% weight loss achievements (number)	Actual 5% weight loss achievements (number)	Predicted weight loss achievement rate - 5% weight loss achievement of those that complete (%)	5% weight loss achievement rate - 5% weight loss achievement of those that complete (%)
886	1,091	30%	71.54%

5% sustained weight loss at 24 weeks			
Predicted sustained 5% weight loss achievements (number)	Actual sustained 5% weight loss achievements (number)	Predicted sustained 5% weight loss achievement rate - (%)	Sustained 5% weight loss achievement rate (%)
443	534	50%	48.95%

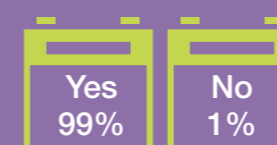
Population accessing the Service in 2019



Comorbidities



First session offered within 14 days



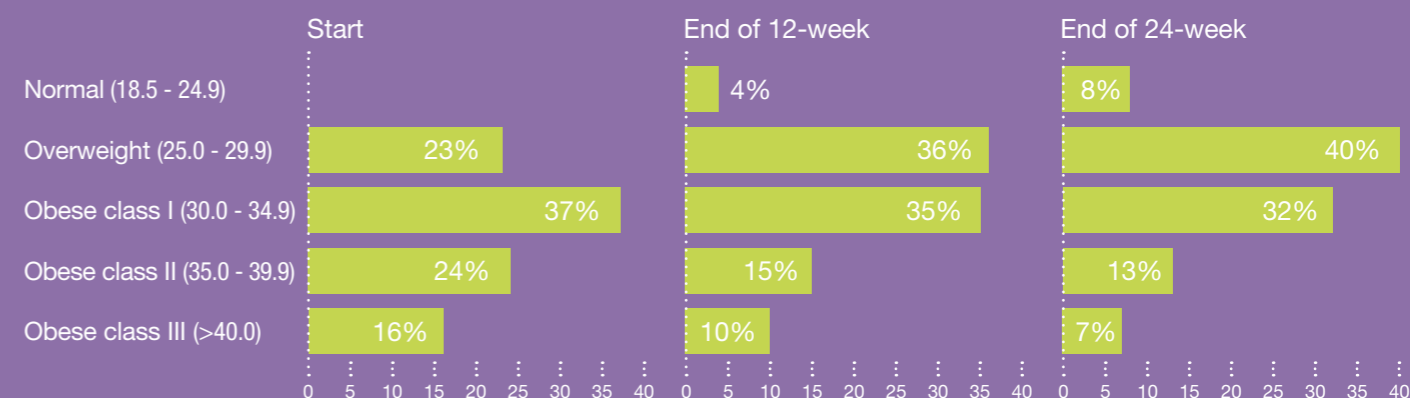
Referral Type



Satisfaction Rate



BMI Classification



7. Case Studies and Testimonials

Case Studies (not real names)

1. Mark

Prior to starting the programme, Mark's diet consisted of take-aways and ready meals. He was working shifts leaving him feeling tired and lethargic, he did very little exercise. As the weight crept on and his energy levels decreased, his real motivation was to be fit and healthy for his 2 children. He wanted to change his lifestyle and improve health and wellbeing.



- With the help and support from his advisor Rebecca, he felt positive and motivated to make a change.
- Committed himself to using his bike to and from work, which is around 50 – 60 miles per week.
- Planned and prepped his meals ensuring a more nutritious option, rather than reaching for the quick and convenient food choices.
- Utilised the free gym pass each week.



- Continued to attend the weekly groups and pushed himself more with the exercise component tailored by his advisor.
- Receiving many compliments from family and friends gave him the boost to continue on the weight loss journey.
- Focusing on portion control and being more consistent with nutritious food.



"Mark now has a more positive outlook on life and health, he is signing up for a gym membership at Craven Leisure. He's also going to apply for the triathlon next year. In his words, 'I couldn't have done it without his advisor Rebecca, she is amazing and a real inspiration.' He appreciates all the help and support she has given over the last 6 months."

2. Natalie

Client was refused surgery and was very emotional and upset by this. Client was active but had only just started in the previous few weeks. Her pain was very bad and was effecting her work. Portion sizes were a problem but she hadn't really thought about this. She was eating relatively healthy but far too much of it.



- Attended initial assessment for weight management.
- Listened to what the advisor said and set herself a calorie limit.
- Started walking more with the dog and watching portion sizes.
- Purchased a fit bit which motivated her even more.
- Continued to attend group and join in the activity, which she enjoyed.
- Joined an adult tap class.
- Attended 12 week assessment.



- Attended every week after in her next 12 weeks even though her tap class didn't finish until 6:30.
- Continued to calorie count the whole time and weighing out food.
- Made life changing choices that will continue on.
- Completed the course and ready for her operation.



"A 2.5 stone loss over the last 24 weeks and a complete turn around in hers and her families lives. Client has improved many aspects of her life and managed to improve her pain along the way. Her portion control is now excellent and she tracks calories every day as well as her steps. Her and her family are now much more active getting up together and going for walks and even planning how to continue this on holiday. Her husband has lost 1.5 stone along side her at home by just following her calorie controlled meals. They are now more confident with finding healthy foods and cooking as a family. A really big improvement for the whole family and now she can go forward to have the surgery she needs."

3. Alan

After a knee operation in 2017 Alan did very little exercise, he couldn't walk a short distance without getting breathless. In his youth he had always been very active and part of many teams, this was his main aim to return to these team sports. Alan has an office based job and classed himself as lazy. For convenience he ate processed foods and generally felt very lethargic and heavy. Due to the success of his wife completing the programme, he was motivated to make a change for himself and wanted to work with his wife to support each other.



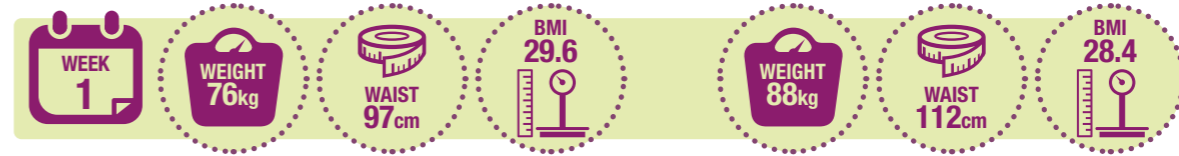
- Alan made a self referral through the website, attended health assessment and started programme.
- He began to adopt a new healthy lifestyle and cut out pastries and processed foods.
- Alan enjoyed the control he was having on food; he started making a list before shopping with the support of his wife. The nutritional topics encouraged Alan to be independent he liked the concept of his advisor pointing him in the right direction to make better food choices.
- He started to love the exercise circuit and soon realised how much physically fitter he was becoming; no longer did he get breathless taking the dog for a walk.
- His weight loss was steady and gradual until week 9 when he started to see the difference on the scales.
- Alan successfully achieved his target at the 12-week point, this allowed him to continue on the maintenance programme for a further 12 weeks help and support.
- He now walks to work twice a week and he utilised the weekly free gym pass and exercised during his weight management session, he managed his eating habits and successfully completed the 24-week programme.



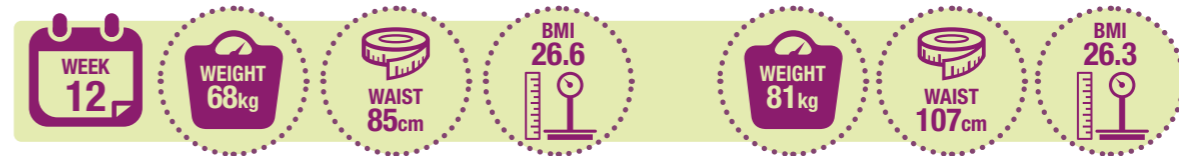
“For Alan it was the fitness element as well as weight loss that he wanted to established, he now feels so much more physically active, he enjoys the benefits of exercise including much less joint pain having strengthened his muscles, the positive feeling of been physical pushed to improve fitness. Alan now runs which he hasn't been able to do for over 20 years! Both Alan and his wife feel so positive about the future and given them a new lease of life. He feels energised and determined to keep up this healthier lifestyle! The weight loss has allowed Alan to achieve his goal of playing football and joining a tennis club and other forms of exercise.”

4. David and Susan

David and Susan decided they needed to be healthier and lose some weight and take up more physical activity. Retired couple who enjoyed going out, socialising and visiting cafes regularly. They came to the initial assessment together as they wanted to shed some weight and feel healthier.



- Picked up a leaflet in her GP surgery and referred themselves in to the service.
- Susan and David cut out grazing in-between meals. Both lost 1kg in first week.
- David started walking more and being more active around the house – following weekly exercise plan.
- Had more energy to do activities and not hungry between meals at all.
- Both lost a steady 1kg nearly every week, not a week went by where there was not any weight loss from either of them.
- Both extremely happy with their results, has not felt like a diet, just a lifestyle change and feel much fitter and healthier from making a few changes.



“David and Susan listened to all the advice and guidance they were given at their initial assessment and followed it from day 1. Cutting down their portions, only eating breakfast, lunch and dinner and not grazing in between their main meals. Susan was quite active prior to starting the programme but she decided to do a bit more and started following the NHS workouts that she was given at the weekly sessions. David started walking and generally being more active.”

Testimonials



"I have enjoyed the support in class, both from the trainer and class members. I have found a love of exercise and how it makes me feel. I am now out of danger from Diabetes as my blood glucose has gone from 42 to 32. I am thrilled with my progress and look forward to continuing on my maintenance programme."

Client



"I have recently completed the first 12 weeks of the Healthy Lifestyles programme. I am delighted with the progress I have made, having lost over a stone in the first 12 weeks and am now heading towards further weight loss under the second 12 week Maintenance programme. In addition to the weekly exercise and nutrition sessions I have been able to join other fitness classes such as Spinning which have certainly helped.

The support of the Healthy Lifestyles team has been excellent throughout - always on hand to offer encouragement and advice.

I would certainly recommend this programme to anyone wanting to lose weight and adopt a healthier lifestyle."

Client



"I have started many weight loss programme over the years and after a few weeks have given up. This course has been different to those that just focus on food, with a great combination of education & exercise anyone can do.

The instructors have been great motivational & supportive, although I moan a bucket full about the exercise they just encourage me to continue."

Client



"I took the plunge 12 weeks ago joining the weight management programme and have been delighted with the results, losing over 5% of my weight. I still have a lot more to lose to achieve a healthy BMI and intend to use the support of your maintenance programme to hopefully continue to lose weight.

I have found attending the group a great help. It has helped me focus in a positive way and the weekly weigh-in has proved a great incentive to me in pursuing my goal. The information pack and sessions have been very informative, lots of helpful tips and ideas from staff and other group members. The exercise sessions are fun and done in an atmosphere that is encouraging and non-judgemental. I'm sure all the participants gained a lot from attending, perhaps trying some exercise for the first time in ages, forming new habits and gaining confidence to continue with some regular exercise, I certainly have!

I have also learned a great deal, for example about portion sizes and now realise how much I had been over eating. I have changed my diet and am now far more aware of my calorie intake and have found cutting out sugar has curbed my appetite."

Client



"Over the last 12 weeks I have really enjoyed sessions, the exercises have been varied and this helps to keep me more engaged as we're not doing the same things over and over as I would be in a gym. This has helped to keep me focused and I've enjoyed doing the exercises. The weekly challenges from drinking more water, to doing calf raises whilst the kettle boils, have really helped to keep me focused through the week. My eating habits have changed and I love that Holly has not preached about calorie counting and has actively encouraged me to have a little bit of what I fancy every now and again, this in itself has helped me to make an actual change to the way I eat, rather than starving myself for 12 weeks and then going back to old habits. I have made a positive change to my food, I am conscious of things such as low fat often been full of sugar, I have tried (and like) alternative snacks such as Nakd bars and soya yoghurt, things I never thought I would do! Although my weight loss was not massive, I believe that I have made the change for good, and the weight will continue to go down at a slow and steady pace, which is perfect and something I feel I can sustain. I was most surprised by the loss of 4cm around my waist, I didn't actually believe the weight I had lost had made that much difference but it has made a huge difference and this has made me even more determined to continue on my journey and succeed. Thank you for helping me make this change." - Lost 1.5 inches around waist!"

Client

8. Public Health Outcomes Framework: Healthy Weight, Healthy Lives 2019

Measure	Recent Year	Gender	Age group	North Yorkshire		Unit	Trend	England	Craven	Hambleton	Harrogate	Richmondshire	Ryedale	Scarborough	Selby
1.09ii - Sickness absence - the percentage of working days lost due to sickness absence	2017-19	Persons	16+ yrs	0.7		%	-	1.1	2.2	1.9	0.6	0.3	0.6	0.1	1.7
1.16 - Utilisation of outdoor space for exercise/health reasons	Mar 2015 - Feb 2016	Persons	16+ yrs	17.8		%	-	17.9	n/a	n/a	n/a	n/a	n/a	n/a	n/a
2.02i - Breastfeeding initiation	2016/17	Female	All ages	73.6		%	-	74.5	78.1	74.0	83.4	70.7	72.5	60.9	n/a
2.06i - Reception: Prevalence of overweight (including obesity)	2019/20	Persons	4-5 yrs	23.4		%	↑	23.0	25.8	20.6	20.1	25.0	25.0	26.4	24.6
2.06ii - Year 6: Prevalence of overweight (including obesity)	2019/20	Persons	10-11 yrs	32.5		%	→	35.2	25.7	32.4	30.0	33.3	29.5	37.8	34.1
2.11i - Proportion of the population meeting the recommended '5-a-day' on a 'usual day'	2018/19	Persons	16+ yrs	60.8		%	-	54.6	58.0	60.9	63.9	65.1	62.4	57.6	57.8
2.11ii - Average number of portions of fruit consumed daily	2017/18	Persons	16+ yrs	2.66		Mean	-	2.51	2.8	2.7	2.6	2.7	2.6	2.7	2.5
2.11iii - Average number of portions of vegetables consumed daily	2017/18	Persons	16+ yrs	2.72		Mean	-	2.65	2.9	2.8	2.7	3.0	2.8	2.6	2.5
2.12 - Percentage of adults classified as overweight or obese	2018/19	Persons	18+ yrs	62.9		%	-	62.3	64.6	62.2	56.9	62.4	57.9	64.8	72.8
2.13i - Percentage of physically active adults	2018/19	Persons	19+ yrs	70.7		%	-	67.2	75.2	71.1	72.9	72.2	7.7	66.7	67.9
2.13ii - Percentage of physically inactive adults	2018/19	Persons	19+ yrs	18.6		%	-	21.4	17.5	18.6	14.6	18.8	19.0	23.4	20.0
2.23i - Self-reported wellbeing - people with a low satisfaction score	2017/18	Persons	16+ yrs	5.0		%	-	4.4	n/a	n/a	n/a	n/a	n/a	n/a	n/a

9. Provider contact details

Craven - 'Healthy Lifestyles'

Telephone: 01756 792805

Email: healthylifestyles@cravencdc.gov.uk

www.cravencdc.gov.uk/craven-leisure/healthy-lifestyles/weight-management/

Hambleton - 'Take That Step'

Telephone: 01609 767241

Email: takethatstepteam@hambleton.gov.uk

www.hambleton.gov.uk/health-wellbeing/weight-management-service

Harrogate - 'Fit 4 Life'

Telephone: 01423 556106

Email: active.health@harrogate.gov.uk

www.harrogate.gov.uk/sport-active-lifestyles/fit4life-project

Richmondshire - 'Choose to Lose'

Telephone: 01748 901049

Email: choosetolose@richmondshire.gov.uk

www.richmondshire.gov.uk/leisure-and-tourism/health-and-wellbeing/choose-to-lose-adult-weight-management-programme

Ryedale and Scarborough - 'NHS Weight Management Service'

Telephone: 01723 821395 or 0800 917 7752 or text 'Healthy' to 60163

Email: hnf-tr.weightmanagement@nhs.net

nhs-health-trainers.co.uk/our-services/adult-weight-management/scarborough-whitby/

Selby - 'Move It, Lose It'

Telephone: 01942 404799

Email: ihl.wigan@nhs.net

www.inspiringhealthylifestyles.org/selby/sports-development/move-it-lose-it/

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North Yorkshire CCG

Vale of York CCG

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<http://obesityhealthalliance.org.uk/wp-content/uploads/2017/10/OHA-briefing-paper-Costs-of-Obesity-.pdf>



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