

Who can attend?

- Adults with a BMI ≥ 30 kg/m² (or 27.5kg/m² for South Asian, Chinese, Black African or Caribbean individuals) **with two or more obesity related co-morbidities.**
- **Obesity related co-morbidities include;** type 2 diabetes, hypertension, hyperlipidaemia, obstructive sleep apnoea, polycystic ovarian syndrome, and osteoarthritis.

What is the Best Health Programme?

Obesity is a complex, chronic disease. Management addresses both body weight and related complications to improve overall health and quality of life. The **Best Health** programme supports individuals with weight related behaviours (eating, activity, sleep, stress) to improve health and wellbeing. **It is FREE to attend for all patients (GMS and non GMS).** Behavioural therapy can support 3-5% weight loss and improvements in cardio-metabolic health including blood pressure and lipids.* Individuals with more complex obesity may require more intensive treatments including pharmacotherapy and / or surgery.

By attending this programme individuals will:

- ✓ learn and understand the range of factors that can affect weight
- ✓ practise new skills that can help to make and maintain changes that support health and wellbeing
- ✓ discover their best weight - the weight they can achieve and maintain while living the healthiest life they can enjoy.

What will participants get from the programme?

- **45 minute assessment and individual care plan with a dietitian**, followed by 15 minute in-person meeting to check weight, height and body mass index (BMI).
- **14 x 90 minute behavioural group support sessions**, delivered online or face to face
- **Best Health is a 12 month programme.** It includes 6 weekly, followed by 8 monthly support sessions.

What are the next steps?

- With your patients permission start the supportive conversation about weight: assess and screen for complications of obesity.** (Referral for more intensive treatments including pharmacotherapy and or surgery may be needed).
- If the patient has active mental illness/risk/addiction concerns that are likely to act as a barrier to their ability to engage in the Best Health programme. These concerns will need to be assessed and addressed prior to referral.
- People are more likely to attend a programme that is endorsed by their GP. Provide patient with the information leaflet and encourage them to take part and 'give it a go'.***
- Explain mild to moderate physical activity is included as part of the programme.
- **Refer to your local Best Health programme by contacting:** _____

* Breen C et al., Obesity in Adults: A 2022 Adapted Clinical Practice Guideline for Ireland. *Obes Facts.* 2022;15(6):736-752.

https://cdn.easo.org/wp-content/uploads/2021/04/25211053/talkingaboutweight-GP-landscape_v1-1.pdf

***Screening and brief intervention for obesity in primary care: a parallel, two-arm, randomised trial. Aveyard P et al. *Lancet* 2016, [http://dx.doi.org/10.1016/S0140-736\(16\)31891-1](http://dx.doi.org/10.1016/S0140-736(16)31891-1)