



The programme is FREE to all. GMS and non-GMS patients can attend.

Information for GP Practices

What is the Best Health Programme?

Best Health is a dietitian led group programme for adults with obesity. Participants are encouraged to take a health gains approach focusing on health, physical function and quality of life outcomes. Best Health is accredited and designed based on self-management education and support principles which are central to obesity management. The programme has been evaluated, demonstrating improvements in cardio-metabolic health, well-being, along with average weight reduction of 3%, consistent with international standards.

How does the Best Health programme work?

Participants will:

- **Attend an individual initial assessment with a Dietitian**
- **Attend a 12 month programme: 14 x 90 minute group sessions**, online or in person
- Learn about weight regulation and factors that impact on weight loss
- Practise new skills that support long term health and wellbeing
- Access social support and share lived experience.

Who to Refer?

All adults with:

BMI \geq 30 kg/m² (or 27.5kg/m² for Asian, African or Caribbean individuals)

AND

Two obesity related co-morbidities listed: type 2 diabetes, hypertension, hyperlipidaemia, obstructive sleep apnoea, polycystic ovarian syndrome, and osteoarthritis.

Please note: people with mental health, addiction or eating disorder risk or concerns should be stable at the time of referral. Acute risk or concerns should be addressed prior to referral.

How to Refer?

- Ask permission to discuss weight and patient's consent to the referral
- Referral can be made using HealthLink by selecting 'Chronic Disease Hub' in the drop down menu
- Ensure medical history (presence of two or more of the co-morbidities), medications, weight, BMI and supportive blood results (e.g. HbA1c, lipid profile etc) are included in the referral
- Provide an information leaflet to the patient and encourage them to take part.

What Happens Next?

- The referral will be triaged by the dietetic team
- The patient will be contacted to invite them to opt-in for an individual initial assessment
- If more information is required or the referral is incomplete, the team may contact the referrer.

