Index

Note: Page numbers in *italics* refer to Figures; those in **bold** to Tables.

assessment, weight management
benefits, losing weight, 75
BMI, 71
build motivation, 71
confidence and motivation, 79–80
current eating habits
binge eating, 78
food diary, 77
patient’s description, 77
person’s life, 76
reflective listening skills, 76, 77
types and quantities, foods, 78
eating habits, 82
expectations
benefits of weight loss, 75
service, 75
weight loss, 74
genetic component, 73–4
history
previous attempts, 72–3
weight, 72
level, activity
physical activity, 78
safety, 79
weight maintenance, 78
medical/clinical measurements
BMI, 57, 80, 226
height, 57, 80, 222
investigations, 80
medical examination, 80
medical history, 80
medications, 80
metabolic syndrome, 81
waist circumference, 57, 80, 227
weight, 57, 80, 213
patient commitment, 76
therapeutic relationship, 81
weight changes over time, 72
weight cycling, 73
weight loss, 74
attitudes, health professionals
causal factors, 17
consequences, 18
education, 16
employment, 16
evidence of weight bias, 16
healthcare, 17
impact on healthcare, 18–19

bariatric surgery, 68
basal metabolic rate (BMR), 235
behavioural approach
activity change plan, 86
behaviour modification, 32–3
checklist, agreement with patient, 89
choose preferred option/s, 85
decision-making process, 53
directive and patient-centered, 53
eating and activity habits, 55
enlisting support, 87
exploring dietary options, 84
follow-up appointments, 86
food change plan, 86
integrated approach, 32–3
behavioural approach (cont’d)
motivation, 55–6
optimistic, but realistic, 57
patient experience, 54
personal action plan, 85
physical activity options, 84
plan implementation, 87
principles, 53
problem identification, 84
problem-solving, 83–9
self-monitoring, 33–4
self reward, 35–6
social support, 35
stimulus control, 34
strategies, behavioural, 163
structured, 88
terminology, 54
tools and strategies, 54
binge-eating disorder screening for, 230
BMI. see Body mass index (BMI)
BMR. see basal metabolic rate (BMR)
Body mass index (BMI)
  overweight and obesity
    identification, 57–8
    measurement, 226
brief contacts
  description, 175–6
  examples, 183–4
  implications, services, 182–3
  interventions, 182
  limitations, 176
  motivation, 179
  options discussion, 179–80
  ‘raising the issue’, 169–70
  signposting, 181
  support, 181–2
  time, 179
  unhelpful approaches, 177–8
calorie intake vs. weight loss
  achieved, 102
  not achieved, 102–3
CHD. see coronary heart disease (CHD)
commercial and self-help programmes, 67
common misconceptions
  causes of obesity
    dietary intake, 207
    genetic predisposition, 206
    self blame, 204
    slow metabolism, 205
daily calorie record
  self-monitoring, 100
dietary intake, 196–7
dietary treatment
  calorie counting, 99–100
  eating frequency and patterns, 25
  energy deficit, 94–8
  fad diets, 29
  healthy eating, 103
  600 kcal deficit, 26
  low-carbohydrate, 29
  low fat, 25–6
  low GI diet, 28–9
  meal replacements, 26–7, 104
  nutritionally adequate diet, 94
  popular diets, 104
  ready meals, 25
  regular eating, 94
  self-monitoring, 93, 153
  specialist services, 103
  VLCDs, 27–8, 104
drug treatment
  orlistat trials, 36–7
  XENDOS trial, 37
eating and activity behaviours, 10
  ‘eatwell plate’, 146
  portions
    food groups, 240–241
    household measures, 240
    1500 kcal, 242–3
    1800 kcal, 244–5
    weighed portion, 248
EER. see estimated energy requirement (EER)
emotional eating, 161
energy balance
  calories in vs. calories out, 91
  weight loss rates, 91
energy deficit
  amounts, 95–6
  calorie savings, 95
  energy-dense foods, 96
  food diary, 97
  frequency, high-calorie foods, 95
  nutritional adequacy, 98
  patient recording frequency, 94, 95
  portion control, 98
  proportions, food groups, 96
  types, food eaten, 98
  weight loss, 97
estimated energy requirement (EER)
  BMR (basal metabolic rate), 235
  PAL (physical activity level), 236
exercise-on-referral schemes, 32
‘fad’ diets, 29, 104–5
food intake and appetite regulation, 9
Glycaemic index (GI), 28–9
GPAQ (general practice physical activity questionnaire), 231–2
group based programmes
  benefits of, 65
  commercial slimming clubs, 65
  NHS groups, 65
  setting up, weight management groups, 65–6
  skill level of, group leader, 64
healthy eating
  guidelines, 'eatwell plate'
    drinks, 150
    fat and sugar, 150
    fruit and vegetables, 149
    milk and dairy foods, 149
    protein foods, 149–50
    salt, 151
    starchy foods, 149
portion sizes
  calorie control, 148
  household measures, 146, 147
  recommended daily portions, 146, 147
  weighed portions, 248
healthy eating habits, 171
height measurement, 220
labels, 135
  guidance on reading, 136
  guideline daily amounts GDA, 136
  food item, 98
  ready meals, 99
  traffic light colour coding, 135
low-carbohydrate diet, 29
low fat diets, 25–6
low GI diets, 28–9
meal replacements, 26–7
medications, 7, 229
menu planning, 132–3
metabolic syndrome, 81
monitoring weight changes, 171–2
muscle-strengthening activities, 171
National Weight Control Registry (NWCR) data, 167–8
NICE guidance on referral to slimming groups, 247
nutritionally adequate diet
  chronic diseases, 94
  osteoporosis, 94
NWCR. see National Weight Control Registry (NWCR) data
obesity
  and cancer, 5
  and diabetes (type 2), 4–5
  cardiovascular disease, 5
  causes
    biological and environmental factors, 7
    energy balance, 8
    individual’s life span, 9
    prevalence, 8
  and early death, 4
  early growth patterns, 10
  eating and activity behaviours, 10
  energy expenditure, 10
  environment, 10
  food intake and appetite regulation, 9
  health benefits, weight loss, 11
  overweight and. see overweight and obesity
  quality of life, 5–6
  risk factors
    medications, 7
    smoking cessation, 6
obesogenic environment, 10
outcomes
audit, 187
clinical effectiveness, 187
clinical outcome, 194–5
collecting information, 192–4
definitions, 187
education and training, 188
effectiveness, 194
evaluation, 187, 191–2
healthcare utilisation, 198
information use, 188
measuring
dietary intake, 196–7
physical activity, 195–6
PREMS (patient reported experience measures), 198–200
PROMS (patient reported outcome measures), 200–202
monitoring, 187
patient involvement, 188
patient experience, 198
risk factors, 195
risk management, 188
safety, 202
overweight and obesity
BMI, 57–8
classification, adults, 57, 58
measurement, BMI, 226
prevention
activity measures, 48
BMI, 48
healthy weight maintenance, 51
measurement, BMI, 226
medications, 49
pre-conception and antenatal care, 47
support materials, 50
waist circumference, 57, 58
PAR-Q (Physical Activity Readiness Questionnaire), 233–4
‘passive obesity’, 9
patient reported experience measures (PREMs), 198–9
questionnaires, 199–200
patient reported outcome measures (PROMs), 200
IWQOL-Lite, 202
symptom assessment, 200, 201
Person-centred weight-management service
coordinated and structured approach, 58
effectiveness, 59
patient pathway, 58
duration and frequency, appointments
comments about weight, 61–2
contacts, 59–60
conversations about weight, 60–61
motivation, 62
readiness to change, 62
recording weight and baseline data, 63
treatment, 59
exploring treatment options
bariatric surgery, 68
commercial and self-help programmes, 67
drug treatment, 67
group based programmes, 64–6
lifestyle, 64
integrating a behavioural approach, 53–7
motivation, 55, 56, 63, 64
physical activity level (PAL), 236
physical-activity treatment
amount, 30–31
chronic disease, 106
guidelines for adults, 106
intensity and type
daily living, 31–2
NICE recommendation, 31
sedentary behaviour reduction, 31
structured exercise, 32
muscle-strengthening, 171
recommendations, adults, 170–171
recommendations, weight-management, 106
popular diets
fad diets, 104–5
high-protein/low-carbohydrate, 104
low-glycaemic-index, 104
portions, 248
practical application
activity diary, 109, 110
barriers to activity, 108
intensity and energy expenditures, 111
levels of activity, 108
recording steps, pedometer, 110
time spent, 24 hours, 109
weight loss phase, 110
Prader–Willi/Bardet–Biedl syndrome, 206
pre-conception and antenatal care, 47
PREMs. see patient reported experience
measures (PREMs)
prescribed energy deficit (PED)
female
  over 60 years, 238
  18–30 years, 237
  31–60 years, 237
male
  over 60 years, 239
  18–30 years, 238
  31–60 years, 239
problem-solving process. see behavioural
approach, integration
PROMs. see patient reported outcome
measures (PROMs)
relapse prevention, 160
review appointments
healthy eating, 146–51
nutrient content, foods, 136
nutritional adequacy, 136
progress, 3 and 6 months, 122
recipe adaptation, 139
skills for weight management
  behavioural strategies, 163
cravings, 162
dealing difficult situations, 156
dealing with hunger, 162
emotional eating, 161
exploring ambivalence, 159, 159
exploring motivation, 153
goal-setting, 155
problem-solving, 154
relapse prevention, 160
rewards, 158
self-monitoring, 153
stimulus control, 153
support, 156–7
structure, 121–2
weight-loss phase, 144
weight-maintenance phase, 144
self-monitoring, weight-management
  activity, 115
  body weight, 116
  food diary, 114, 115, 116
  personal achievements, 116
  skills acquired, 116
  weekly weight chart, 116, 117
  smoking, 6
  surgical treatment
    NICE guidance, 38
Ten top tips for weight loss, 50–51
topics for review appointments
  alcohol, 128
  breakfast, 125
  cooking, 138
  drinks, 127
  food labelling, 135–7
  meal ideas, 131
  menu of options, 123, 123
  menu planning, 132–3
  portion control, 129–30
  promoting physical activity, 144–5
  regular meals, 124
  shopping, 134
  snacks, 126
  special occasions
    calorie swops when eating out, 143
    celebrations, 140
    eating out, 140
    holidays, 140
treatments
  behaviour modification, 32–6
dietary, see dietary treatment
drug, 36–7
  physical-activity, 29–32
  surgical, 37–8
very-low-calorie diets (VLCDs)
  monitoring, 28
  use, 27–8
VLCDs. see very-low-calorie diets (VLCDs)
waist circumference, 57, 58, 227
weekly weight chart, 116, 117
weight maintenance
  assessment, 169
  causes, regain, 166
  definition success, 165
  eating habits, 171
  evaluation, 166–7
  implication for practice, 168
  monitoring changes, 171–2
  NWCR data, 167–8
weight maintenance (cont’d)
- physical activity, 170–171
- setbacks, 172
- weight changes, 166
- weight-loss phase, 169–70

weight management
- behavioural strategies, 163
- cravings, 162
- dealing with difficult situations, 156
- dealing with hunger, 162
- emotional eating, 161
- exploring ambivalence, 159, 159
- exploring motivation, 153
- goal-setting, 155
- menu of options-skills, 152
- problem-solving, 154
- relapse prevention, 160
- rewards, 158
- self-monitoring, 153
- stimulus control, 153
- support
  - enlisting, 157
  - sources, 157
  - types, 156
- weight-management groups
  - evaluation, 66
  - knowledge and skills of group leader, 66
  - planning, 65–6
  - style, 66
  - time and resources, 66