

Raising the topic:

How important is change?

- > A useful step in raising the topic can be to assess the patients readiness to engage in weight management.

How does making changes to your weight feel for you just now?



Understand motivation

- > To do this we need to understand how important losing weight is and their confidence in making changes.
- > We can use a ruler or scale from 1(not important/confident) to 10 (very important/confident).

I wonder if it would be helpful to think about how important you feel managing your weight is... we can use a ruler or scale from 1-10 to help work this out.

How confident do you feel to make changes to manage your weight... we can use a ruler or scale from 1-10 to help work this out.

Level of readiness	Action
If patient is ready and losing weight is a priority (8-10 on ruler)	Encourage them and discuss taking action by setting small, realistic and achievable goals. Suggest they think through a plan which might help them to achieve this.
Patient unsure or seems hesitant (4-7 on ruler)	Explore concerns around trying to lose weight – acknowledging the different aspects that impact this. Discuss pros and cons of current behaviour and changing behaviour.
Patient doesn't want to engage or not ready (1-3 on ruler)	Accept this and provide option to revisit at a later point if they wish and move on.



What next?

Signpost

- > To close the conversation, introduce referral options and ask if interested.

For more information on self-management resources and referral options scan the QR code to the NHS GGC Weight Management website.

www.nhsggc.scot/weightmanagement



Let's Talk About Weight: Guidance for Healthcare Professionals



Glasgow & Clyde
Weight
Management
Services

This can be difficult to talk about – and we know that there's lots of reasons which can affect weight. I wondered if this is something you wanted to talk about, and perhaps look at some options to help support you?



It's important for healthcare professionals to understand the complexity of obesity and focus on safe, sustainable weight loss options that is right for the patient.

Maintaining a healthy weight isn't always easy. It's not just about willpower or personal choices. Many things outside our control can make it harder to manage our weight.

These can include:



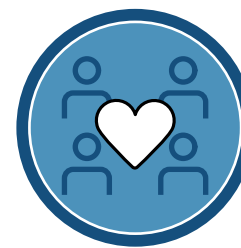
Biological

Genes, hormonal imbalances/disorders, effects of medication, living with long-term high body weight



Psychological

Depression, anxiety, eating disorders, shame, self-esteem, trauma, neurodiversity (eg ADHD, autism)



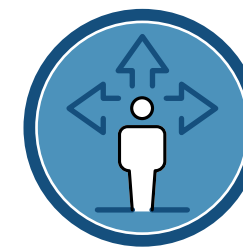
Social

What people around us eat and cook, how supportive your relationships are, unrealistic weight-loss expectations, comments from others about our appearance



Cultural

Sharing large meals, food practices connected to faith/religion, how society, media and technology influence eating behaviours, activity levels, and body weight, stigma



Environmental

Food environment, access to healthy food and opportunities to exercise (e.g. gym memberships)

Raising the topic of weight with patients

How you approach the conversation is just as important as what you say. When raising the topic of weight, remember to:

Take a collaborative, person-centred approach

- > Work with patients to understand what matters to them
- > Validate concerns and experiences; normalise difficulties related to weight
- > Be genuine and transparent; acknowledge that weight can be hard to talk about and emphasise partnership
- > Ask permission before discussing weight e.g. "Would it be okay if we talked a little about your weight?"

Communicate with sensitivity

- > Initiate the conversation gently; use qualifiers such as "even losing a small amount of weight..."
- > Use person-first language (e.g. "people living with obesity" rather than "obese")
- > Be mindful of non-verbal communication (body language, tone, facial expression)