**Healthy Weight Pathway for health professionals in County Durham**

I am a health professional working in/ across GP practices in County Durham.

How can I effectively help my patient to achieve their health goals?

1. Signpost and encourage to adopt the behaviours which promote healthy weight
2. Referral into the most appropriate weight management programme/service for the patient

**Healthy Weight Pathway**

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| I want to know what support there is for my patient | *Healthy Weight Pathway resource* |  |
| ***Healthy behaviours for healthy weight digital template*** | | |
| In the time available I want to be sure I can effectively help my patient | *Brief Intervention Guide* |  |
| My patient wants help with healthy eating  *Moving towards healthier* | *Dietary advice prompt guide* |  |
| My patient has Type 2 Diabetes or prediabetes.  How can I help?  *Dietary changes can bring them to remission status* | *Smarter Carbs guide*  *Eating well with Type 2 diabetes* | *Reduce and limit added sugar*  *Lower starchy carbohydrates*  *Increase fibre*  *Protein is key*  *Healthy swaps* |

**Where can I find these resources?**

[InstantAtlas Durham – Healthy Weight (durhaminsight.info)](https://www.durhaminsight.info/healthy-weight/)

To ensure we are all using the current version please use the following links from the Durham Insights page:

<https://www.durhaminsight.info/wp-content/uploads/2024/08/56467-Healthy-Weight-Pathway-booklet.pdf>

<https://www.durhaminsight.info/wp-content/uploads/2024/08/55429-AHS-Healthy_weight_brief_intervention_guide_for_GPs__health_care_professionals_ACCESSIBLE.pdf>

<https://www.durhaminsight.info/wp-content/uploads/2024/08/55569-AHS-Brief_diatary_advice_guide_ACCESSIBLE.pdf>

<https://www.durhaminsight.info/wp-content/uploads/2024/08/56203-AHS-Smarter_carbs_ACCESSIBLE.pdf>

<https://www.durhaminsight.info/wp-content/uploads/2024/08/55546-AHS-Healthy_weight_advice_easy_read_ACCESSIBLE.pdf>

Tier 3 and 4

Weight and Wellbeing programme

[cddft.weightandwellbeing@nhs.net](mailto:cddft.weightandwellbeing@nhs.net)

Healthy Weight Pathway

**Tier 1**

Signposting to local and national

*Healthy Weight Pathway*

**Tier 2**

Check the weight management programmes, criteria and referral routes

*Healthy Weight Pathway*