LET’S TALK ABOUT WEIGHT
A step-by-step guide to brief interventions with adults for health and care professionals

ASK

“Before you leave, could I check your weight today?”

Weigh and measure the patient

Calculate BMI

BMI = Weight in kg divided by height in metres squared [weight (kg) / height (m²)]

ADVISE

“One of the best ways to lose weight is with support and [insert name of weight management service] is available today*. I can refer you now if you are willing to give it a go?”

Consider referral options:
See supporting guidance for referral criteria

Considerations:
State that referral is available (*and free if this applies in your area. Consider directing to commercial services if local provision is not available)

Keep conversations brief (30 seconds)

Confidence is key

ASSIST

Patient receives advice positively

- Let the patient know what the next steps are
- Suggest a follow up appointment to monitor the patient and to provide help and encouragement with their weight

Patient is receptive but non-committal about a referral e.g. wants to try to lose weight themselves

- Show acceptance of patient’s wishes, acknowledge their concerns and recognise the difficulties of weight loss. Re-emphasise the importance of working to achieve a healthier weight, re-offer your support
- Suggest a follow up appointment to monitor the patient and to provide help and encouragement with their weight

Patient does not want to engage in conversation about weight management

- Show acceptance of patient’s wishes, re-offer your support should they change their mind
- Don’t force the issue – leave the door open

ACTIONS

1. Make the referral if patient accepts offer
2. Note in patient’s records any conversations about weight and the outcomes
3. Remember to follow up with your patient