



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