

Annex 2: National mapping of weight management services e-survey and face-to-face approach

E-survey



Public Health
England

National Weight Management Mapping

General

The survey focuses on the access and provision of tier 2 and 3 weight management services for both children and adults. Respondents will need to complete a separate survey for each group, and tier.

Thank you for taking the time to complete this

1. Please select the relevant weight management service tier and age group:
Please select one answer. If you wish to enter details for another tier/age group, please complete this survey and re-start the survey for the other tier/age group.

2. Which Local Authority do you cover?

3. If the Local Authority is not listed in the drop down list in Question 2, please enter the name below:

4. Is this service available across the whole area?

- Yes
- No
- If no, please specify

5. Who commissions the service(s)?

- Local Authority
- Clinical Commissioning Group
- Voluntary, community or third sector organisation
- Other, please specify

6. Who is the commissioned organisation to deliver the intervention? Please tick all that apply:

- Cambridge Diet
- HENRY
- Lighter Life
- MEND
- MoreLife
- Slimming World
- Weight Watchers
- Other, please specify

Referral Route and Entry Criteria

7. How do people access your service(s)?

- Universally available
- Self-referral
- GP/nurse referral
- Other health professional referral
- School referral
- Direct referral from NCMP
- Direct referral from NHS Health Checks
- Other, please specify

8. What is the eligibility criteria? Tick all that apply:

- Children above the 85th centile
- Children above the 91st centile
- Children above the 95th centile
- Children above the 98th centile
- Children/adults identified as having unhealthy eating behaviours
- Children/adults identified as being physically inactive/sedentary

- Adults with a BMI > 25
- Adults with a BMI > 30
- Adults with a BMI > 35
- Adults with a BMI > 40
- Postnatal
- Black and Minority Ethnic (BME) groups
- People with learning disabilities
- People with poor mental health
- People with physical disabilities
- Low income groups
- Unemployed
- Other, please specify

Intervention Details

9. What is the title/name of the intervention(s)? *

10. What are the aims and objectives of this intervention(s)? *

11. What evidence is the intervention based on?

- NICE guidance PH47
- NICE guidance PH53
- NICE guidance CG43
- NICE guidance PH27
- Academic Institution developed (please include details in the other box)
- Other, please specify

12. How is the intervention(s) delivered?

- Individual one to one sessions

- Group sessions
- Telephone support
- Online support
- Other, please specify

13. How long does the intervention last for? Please specify in weeks/months/years:

14. What is covered in the intervention?

- Behaviour change concept - please specify in the 'other' box
- Healthy eating principles - please specify in the 'other' box
- Physical activity
- Physical activity theory
- Prescription drugs
- Building resilience
- Other, please specify

15. Where is the intervention delivered?

- Community
- Home
- Hospital / GP
- Leisure centre
- School (during school hours)
- School (after school hours)
- Workplace
- Other, please specify

Cost (Please note that individual Local Authority data will not be shared)

16. How long is the intervention commissioned for? Please specify months/years:

17. What is the total cost of the intervention (£)?

- <£20,000
- £20,000 - £50,000
- £51,000 - £100,000
- £101,000 - £200,000
- >£201,000
- Other, please specify (£)

18. What is the average cost of the intervention per participant (£)?

- <£50
- <£100
- <£150
- <£200
- <£250
- <£300
- <£350
- <£400
- Other, please specify (£)

19. How many individuals access the service?

20. How many individuals are eligible to access the intervention?

Effectiveness

21. Do you use the Standard Evaluation Framework (SEF)? *

22. What data is collected?

- Age of participants
- Sex of participants
- Ethnicity of participants
- Disability status
- Socio-economic status
- Weight
- Height
- Body Mass Index (BMI)
- Waist circumference
- Skinfold thickness
- Dietary intake (if yes please state in the 'other' box how this is measured)
- Physical activity levels (if yes state in the 'other' box how this was measured)
- Psycho-social factors (if yes state in the 'other' box how this was measured)
- Attendance
- Reasons for drop out
- Participant satisfaction
- Other, please specify

23. At what time points is data collected? Tick all that apply:

- Baseline (pre intervention)
- Immediately post intervention
- 3 months
- 6 months
- 12 months
- >12 months
- Other, please specify (months)

24. How long are the providers required to follow up the participants?

- No follow up
- 3 months
- 6 months
- 12 months

18 months

24 months

Other, please specify (months):

25. What is the average weight loss at the end of the intervention (%)?

26. What is the average weight loss at 12 months (%)?

Exit routes

27. Are participants directed into any other interventions at the end?

No

Yes, please specify:

Barriers

28. What are the barriers to developing the intervention specifications?

29. What are the barriers to ensuring effective delivery of the specification?

Further comments

30. Thank you for completing the survey. Please include any further comments in the box below:
Please also provide any links to supplementary information such as any published intervention protocols, results reports or service specifications that would be helpful.



Face-to-face approach

Local commissioners of weight management services were sent a letter inviting them to participate in face-to-face workshops via the local PHE centres. Commissioners who had agreed to attend the workshop were sent questions that followed the themes in the e-survey in advance of the workshop.

The workshops were facilitated by the PHE Obesity and Healthy Weight team and lasted for approximately three hours. The facilitators introduced the aim and purpose of the exercise and commissioners then mapped out and discussed the weight management services in their areas and further discussed barriers in an open discussion. Information was gathered via flip chart paper and post-it notes, transcribed into a template and returned to commissioners for checking.