

London Borough of Barnet Adults Healthy Weight Care Pathway

Revised December 2023

Key

- Universal Services
- Low / High BMI
- Raised HbA1c

Referral Process

Assessment in Primary Care (eg GP, practice nurse, dietician, pharmacist, Healthcare Assistant)

- Check: height/weight. BMI calculation, using lower thresholds for patients (i.e. with comorbidities, of Asian, African or Afro Caribbean origin by BMI of 2.5kg/m² for action to prevent Type 2 diabetes.)
- Refer to [NICE pathways on diet, maternal and child nutrition advice](#) for women with BMI of more than 30 before, during or after pregnancy.
- Raise the issue of weight as a whole family approach and consider referring to Children & Young People's Weight Management Pathway if children also overweight.

Private Weight Management Service – Advice

- Focus on life-long lifestyle change and the prevention of future weight gain.
- Multi-component that is, they address dietary intake, physical activity levels and behaviour change.
- The price of any recommended dietary approaches should not be prohibitive.
- Foster independence and self-management (incl. self-monitoring)

Universal

- Give lifestyle advice, and signpost to universal preventative services as appropriate.
- Refer to the alcohol, and smoking cessation guidance as necessary.
- All adults: see the FAB Hub for all leisure activities on offer in Barnet; Wellbeing Hub.
- Age 40-74: also eligible for NHS Health Checks.

Is patient inactive with 1+ relevant stable chronic condition?

[Healthwise Physical Activity Referral Scheme](#)

Universal Services for Adults aged 18+ yrs

- [Health Walks](#)
- [Healthy Heritage Walks](#)
- [Walk, Run and Cycle](#)
- [Fit & Active Barnet \(FAB\)](#)
- [Healthwise Programmes](#)
- [Parks](#)
- [Park Run](#)
- [Outdoor Gyms](#)
- [Tennis Courts and Clubs](#)
- [Skate Parks](#)
- [Table Tennis](#)
- [Swimming](#)
- [Libraries for Healthy Eating Books](#)
- [Eat well](#)
- [Age UK Barnet \(55+ yrs\)](#)

