

HWBB priority area: <b>Healthy Weight</b>
<p><b>1. What does Healthy Weight mean to you/ your organisation?</b></p> <p><b>Senior Citizens</b></p> <ul style="list-style-type: none"> <li>• Healthy weight means being mobile and getting out and about</li> <li>• Healthy means enjoying your lifestyle</li> <li>• If your weight isn't healthy it can affect your mental health</li> </ul> <p><b>Libraries</b></p> <ul style="list-style-type: none"> <li>• We display a collection of Health and Wellbeing books and local information in all of our libraries</li> <li>• They would like to be more of a one stop shop for health and wellbeing opportunities for the community</li> <li>• The feedback they have had is health and wellbeing information is a valuable resource to the people who access the library</li> </ul> <p><b>LNDS</b></p> <ul style="list-style-type: none"> <li>• Are commissioned to deliver a range of services for both underweight and overweight residents</li> <li>• Their main health weight programmes are LEAP and FLIC</li> <li>• For underweight residents they run a clinic in OW which people are referred to by their health professional</li> </ul> <p><b>GP</b></p> <ul style="list-style-type: none"> <li>• GP's usually refer direct to dieticians</li> <li>• Inactivity issue is continuing to get bigger</li> <li>• They don't really deal with healthy weight issues during appointments and tend to want patients to take responsibility for their health unless there's actual health problems connected</li> </ul> <p><b>Local Area Coordinator</b></p> <ul style="list-style-type: none"> <li>• We signpost local residents to local sessions and will accompany people along to them if possible to make them feel more confident</li> <li>• They are looking to do a community cooking programme in South Wigston</li> </ul> <p><b>General</b></p> <ul style="list-style-type: none"> <li>• It was agreed that education on health weight needs to start with children</li> </ul>
<p><b>2. What can you/ your organisation do to improve the outcomes for this particular health topic area?</b></p> <p><b>Senior Citizens</b></p> <ul style="list-style-type: none"> <li>• We would like more health professionals to come to our forums to talk to the attendees</li> </ul> <p><b>LNDS</b></p> <ul style="list-style-type: none"> <li>• We would like to know the different groups and captive audiences that we can go out to and talk about our services and what we can offer</li> </ul> <p><b>Libraries</b></p> <ul style="list-style-type: none"> <li>• We would like to continue to run more events at our centres</li> <li>• We need as much info on local sessions as possible</li> </ul> <p><b>GP</b></p> <ul style="list-style-type: none"> <li>• Consistent approach to healthy weight and physical activity across all surgeries</li> <li>• External services also need to have a consistent approach and message</li> </ul>
<p><b>3. Would you be interested (as a group of likeminded people/ organisations) in working together to help address this agenda?</b></p> <ul style="list-style-type: none"> <li>• Yes</li> </ul>
<p><b>4. If so, what would this joined up working look like? (networking, working on specific projects together, forming an alliance)?</b></p> <ul style="list-style-type: none"> <li>• Task and finish group</li> <li>• Must have outcomes</li> <li>• Could form an alliance</li> <li>• More joint working</li> </ul>
<p><b>5. How will this new way of working be communicated?</b></p> <ul style="list-style-type: none"> <li>• More regular meetings</li> </ul>
<p><b>6. What are the challenges?</b></p> <ul style="list-style-type: none"> <li>• Conflicting advice on what healthy weight is</li> <li>• Official advice is much different to what the media say and the messages change regularly</li> <li>• There needs to be a consistent approach</li> </ul>
<p><b>7. What support do you need from the HWBB?</b></p> <ul style="list-style-type: none"> <li>• Facilitation</li> </ul>