

Obesity Management using Lifestyle Medicine in Primary Care

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- Preventing Long Term Conditions
- Addressing Health Inequalities
- Personalised care approach
- Integrated Neighbourhood Working

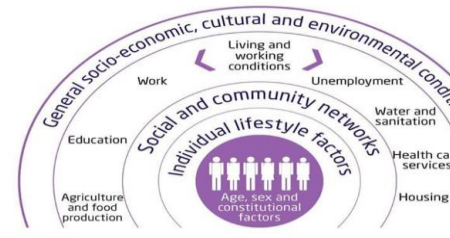
The Obesity Epidemic Project Rationale

OBESITY is :

1. **Linked to 32 medical conditions:** a major risk for CVD, Type 2 Diabetes, mental health, MSK, dental, gastrointestinal and genitourinary problems.
2. **the 2nd highest modifiable risk factor for cancer**
3. **shortens lifespan by up to 9 years**
4. **directly linked to deprivation**



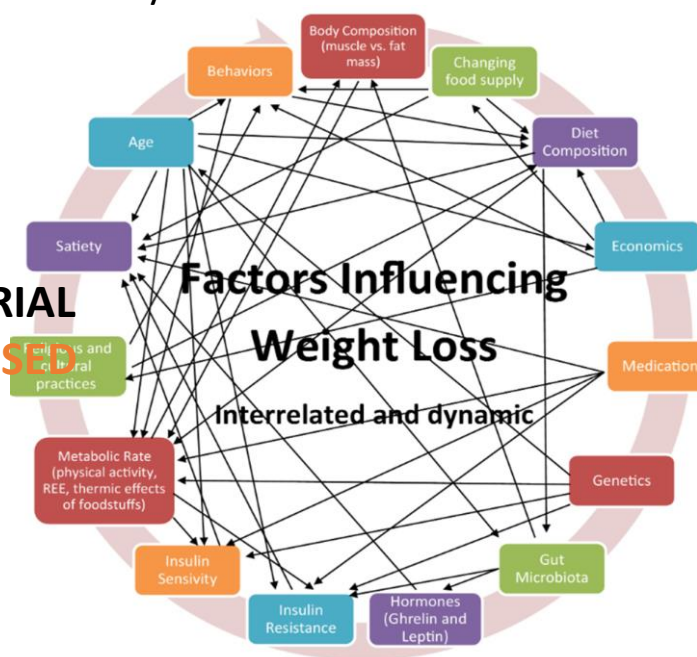
75% adults aged 45-74yrs are overweight or obese
Obesity affects:
10% of children aged 5
23% of children aged 11



Costs to the individual, the NHS & the Economy:

- Burden of disease, co-morbidity
- Employment & sickness
- Prescribing
- Referrals to secondary care
- Admissions non/elective
- Complications & death e.g. COVID
- Resources/Sustainability strain

OBESITY IS COMPLEX MULTIFACTORIAL & PERSONALISED CARE APPROACH NEEDED



Method

Asset mapping & patient pathways



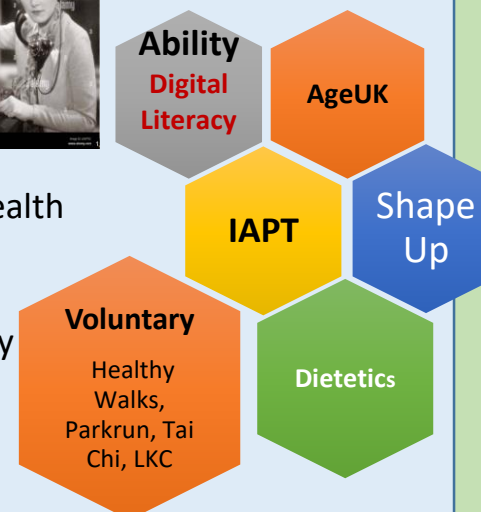
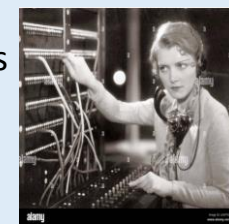
What happens currently?
Where do we start from?
How do we know if we're on the right track?

A confusing landscape: with variable levels of use/ access

- **Self help** – online /social media etc.
- **Brief intervention** advice
- - NHS Health checks/ primary care consultations/signposting
- **Local Authority/Community groups**
- Healthy Walks, StreetTag, Outdoor gyms, Tai Chi/Yoga, Gardening, Parkrun
- **Private sector**
- – Weight Watchers, private gyms/ personal trainers/ nutritionists/ online clinics/ online pharmacies, overseas health tourism/ bariatric surgery
- **By referral:**
- **Community dietitians**- monthly clinics, used variably
- **NHS Tier 2**
- **NHS digital weight management** (hypertension or Type 2 DM)
- **NDPP** (if HbA1c 42-47)
- **Counterweight DM path** to Remission, **Know Diabetes**
- **Shape Up** full capacity + waiting list
- **Secondary care**- children
- **NHS Tier 3** – no local services in Harrow, all secondary care is at full capacity
- **Tier 4** – **Bariatric services** (referral rejected if not completed)

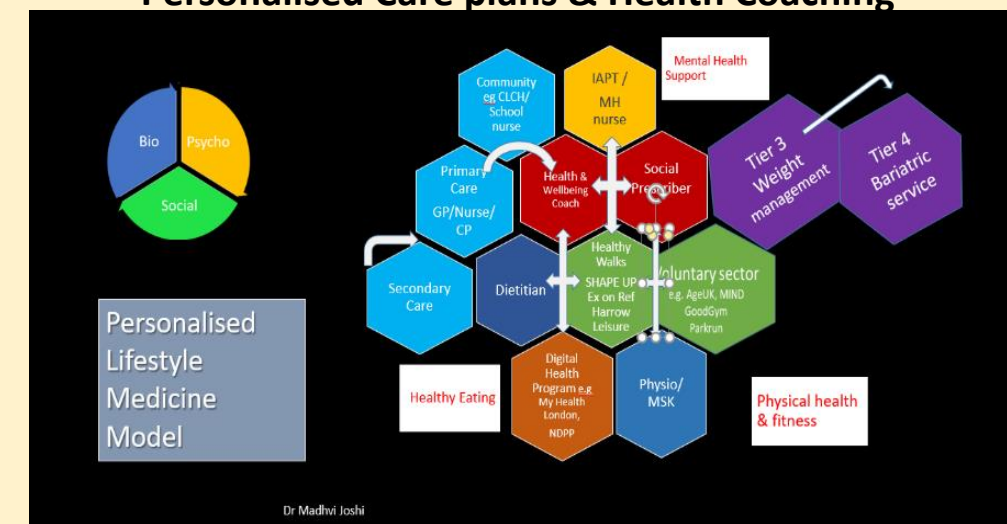
Stakeholder Engagement & Pathway re-design

- PCNs & ICB clinical leads
- Public Health team
- Shape Up (WFC)
- Dietitian service (CLCH)
- IAPT (CNWL)
- HWB coach/social prescribers/Health Champions
- Voluntary organisations
- NWL IT & MyHealth London & Joy



Process/ Delivery

How to improve this?
Listen to people's needs
Work in partnership- join the dots
Personalised Care plans & Health Coaching



Training and up-skilling

Identified learning needs & explored new ways of delivery

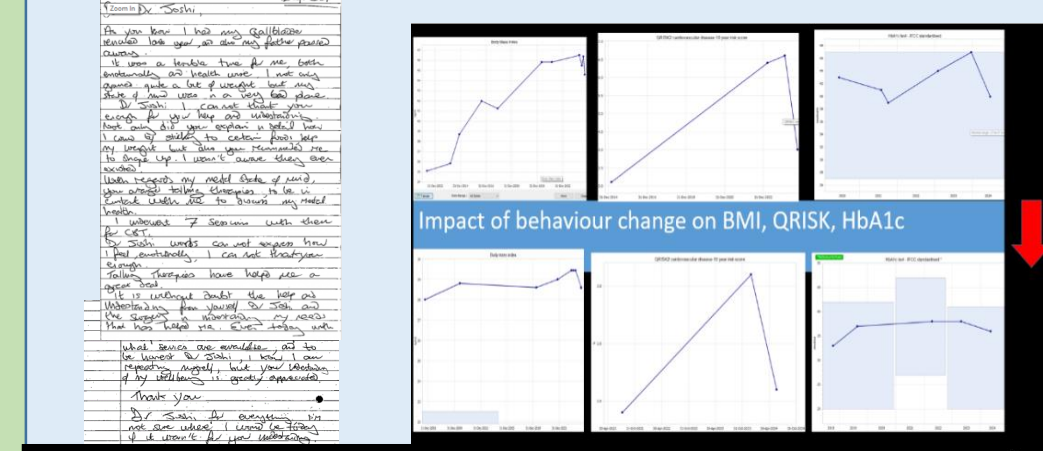


Project- in summary

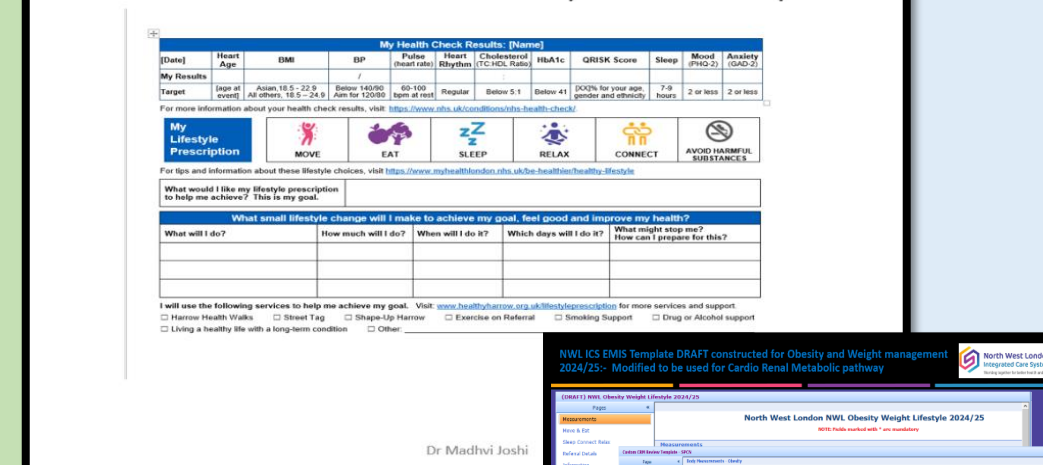
- **PCN practices**- agreed to identify and offer lifestyle coaching sessions
- **Eligibility:**
- - pts with an **NHS health check** in last 6-12 months with a high BMI and BP/lipids/QRISK score > 10.
- -pts on **obesity register** offered opportunistic weight management coaching tel consultations
- Exclusions:
- Pts with NDH or DM (Type 1 or 2)
- **Delivery:**
- **1x 20-30 min health coaching session**
- **Lifestyle prescription** co-produced with pt
- **Signposting** to resources (MyHealth, Social prescribing/ IAPT/),
- **Referral** to weight management service (e.g. Shape Up, NHS Digital WM pathway)

Outcomes

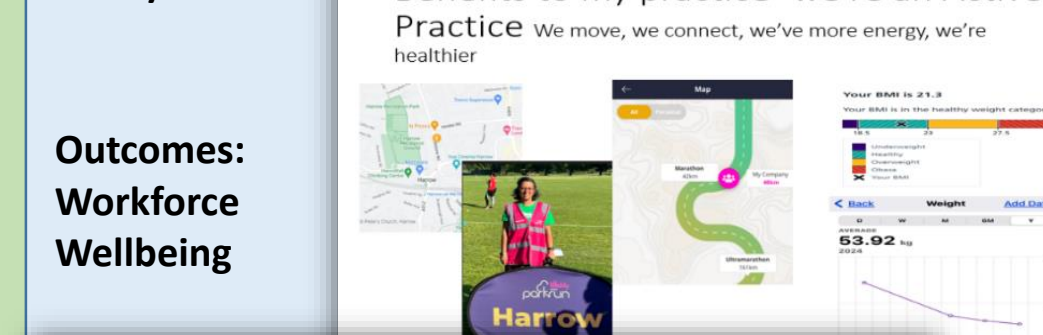
Outcomes: Better Patient Care



Outcomes: Harrow Lifestyle Prescription



Outcomes: Lifestyle prescription & Template for Obesity & Lifestyle Medicine in EMIS/S1



Next steps:

- **Cardio-renal-metabolic Hub (CRM)** for Harrow pilot (2 yr project)
- Re-design of **NHS health checks for NW London** (April 2025)
- New **EMIS/S1 templates** incorporating obesity & personalised LM prescriptions/care plans
- **Education & training** sessions for Harrow practices on lifestyle medicine and personalised care
- **Public outreach** LM education by health and wellbeing coaches/SP, Healthy Champions and Voluntary organisations

Acknowledgments:
NWL Training Hub & Mentoring Scheme
Public Health & PCN colleagues
Shape Up, IAPT, CLCH
CRM steering group
Community organisations (AgeUK, Harrow Parkrun, Tai Chi, London Community Kitchen)
Everyone who replied to my emails!