



WEIGHT MANAGEMENT

DIARMUID DUGGAN
SENIOR DIETITIAN

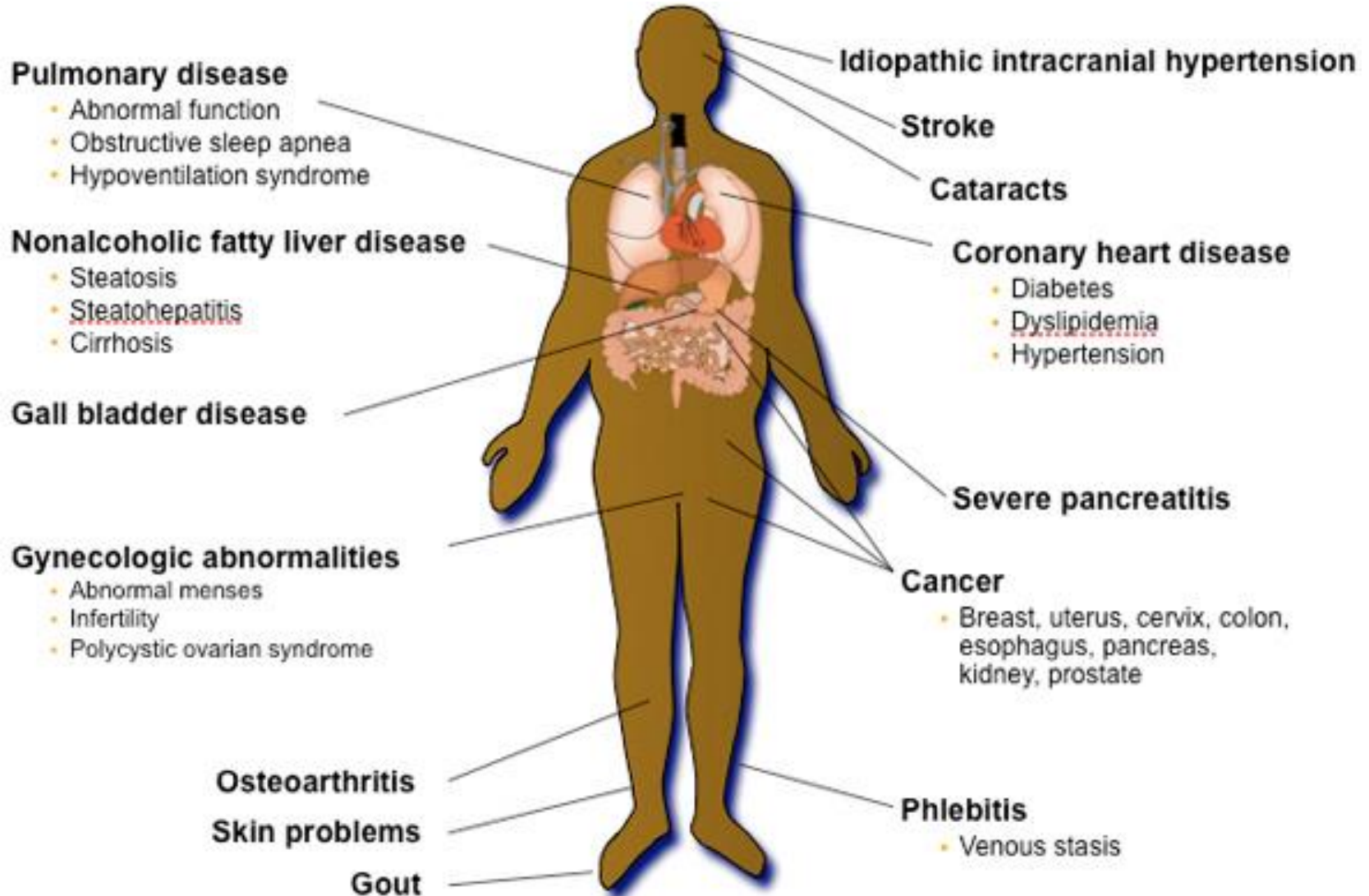
Presentation Outline

- Obesity- causes and consequences
- Evidence based strategies
- Behavioural Change
- Counterweight
- Mindfulness
- CBT
- Surgery

Factors Influencing Obesity



Physiological Consequences Of Obesity



Behaviour Change

- Patient Centred – collaboration
- Behavioural strategies
 - Goal setting
 - Monitoring
 - Environmental planning
 - Journaling
 - Intensive behavioural intervention x 1year

NICE Guidelines 2014,2013,2007. SIGN 2010

Behaviour Change

- Cognitive strategies
 - Thoughts, feelings and emotions, behaviours
 - Unhelpful thinking styles
 - CBT
 - Mindfulness

Counterweight Programmes



Evidenced based Proven solutions for weight loss and weight loss maintenance.



£12m R&D investment over 13 year period.



Counterweight Programme – 5-10kg weight loss at 12 months



Counterweight Plus Programme – 15kg weight loss at 12 months



Counterweight Families 5-10% for adults no weight gain for children

Counterweight

- Group or individual programme delivery
- Screening session to ensure appropriate individuals are engaged for the Counterweight intervention
- 9 programme sessions delivered over 12 months, with first 6 sessions over first three months and then quarterly follow up at 6, 9 and 12 months.
- The programme covers all relevant aspects of weight management. Strategies to change diet and physical activity (where necessary) are underpinned by recognised behaviour change techniques.

Counterweight

- Clients develop skills during the programme to help not only lose weight but importantly keep it off in the longer term.
- Realistic, achievable and medically valuable weight loss targets are negotiated in partnership with the client.
- Following the initial 3 month period clients are then followed up quarterly, with a focus on weight loss maintenance following the initial 6 month weight loss phase.

Counterweight Plus

- The SIGN guidelines (2010) acknowledged that people with a higher BMI are likely to need at least 15% weight loss in order to help manage obesity related comorbidities.

Counterweight Plus

- Structured Programme with four stages: Screening, total diet replacement, food reintroduction, weight loss maintenance with high quality educational materials for each stage
- Delivered in max 20 sessions, one-to-one consultations over 12 months
- Total Diet Replacements product used is Pro800, manufactured by Cambridge Weight Plan

Counterweight Plus data

- Peer reviewed publication demonstrated mean weight loss of 14.7kg at 12 months in programme compliant patients (Lean et al, 2013)
- Mean weight loss of 12.4kg at 12 months in all patients followed up (Lean et al, 2013)
- 33% of those entering the programme achieve ≥ 15 kg weight loss at 12 months (Lean et al, 2013)
- 52% of individuals who complete all stages of the Programme achieve > 15 kg at 12 months (Lean et al, 2013)

Counterweight Families

- Counterweight families is a structured programme aimed at helping the whole family make small changes to improve the family's health and weight.

Counterweight Families

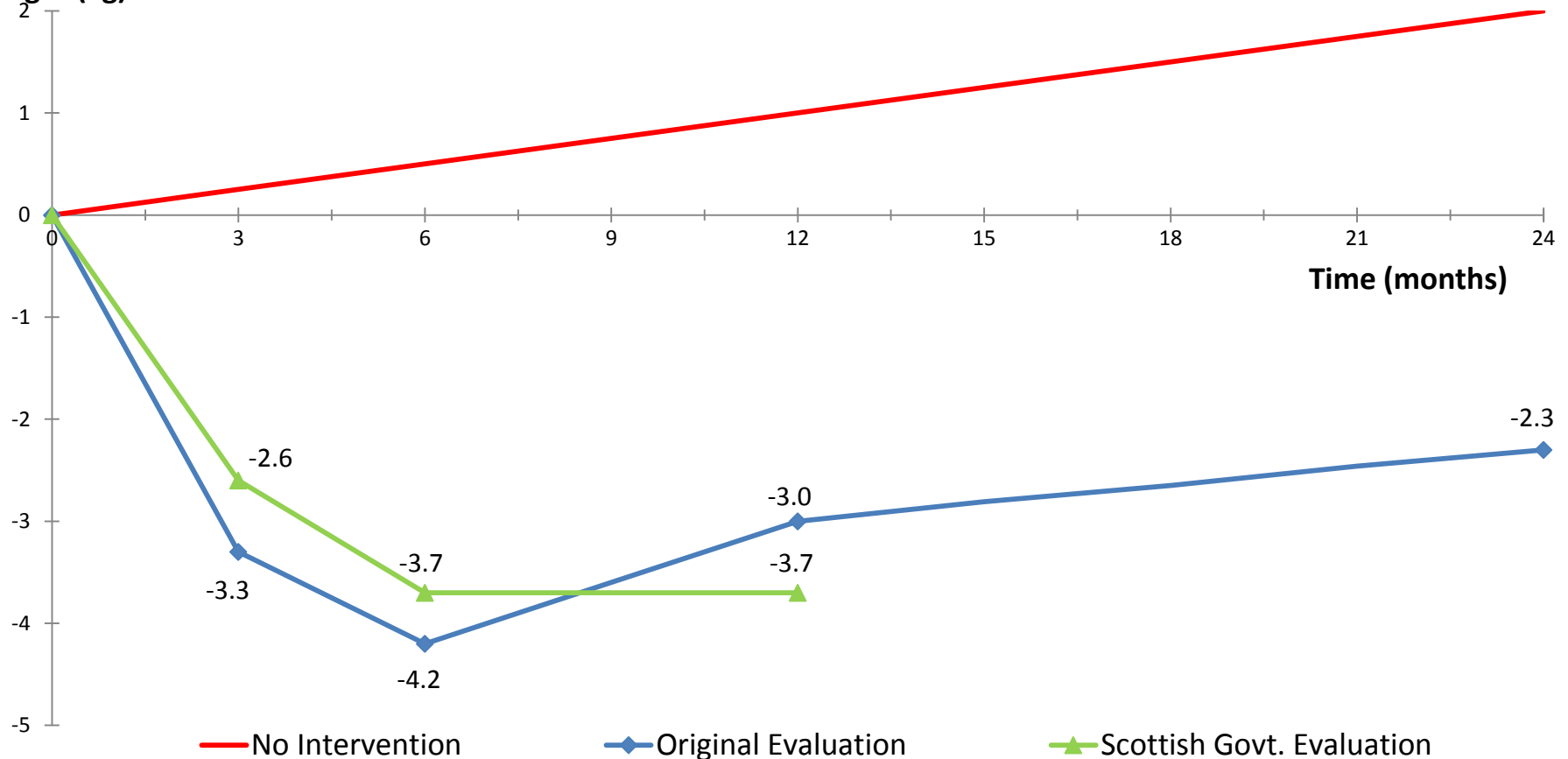
- It aims for modest weight loss of 5-10% for adults and avoidance of weight gain for children
- Delivered over 10 sessions over 12 months
- Includes education about factors which contribute to weight gain and those weight lead to other weight loss and maintenance of loss
- Comprehensive workbook materials including a workbook, a colourful session planner detailing topics to be covered in each session

Counterweight Families

- Sessions are aimed at being fun and there are activities for families within the workbook.
- Programme has been piloted but not peer reviewed
- Early evaluation show outcomes in line with those reported in the Cochrane review of Interventions for Treating Obesity in Children
- Early indications are that the Programme is very acceptable to families and practitioners

Counterweight Programme Results

Weight (kg)



Original Evaluation:

1 in 6 achieve >5% weight loss at 12 or 24 months

Scottish Govt. Evaluation:

1 in 10 achieve >5% weight loss at 12 months

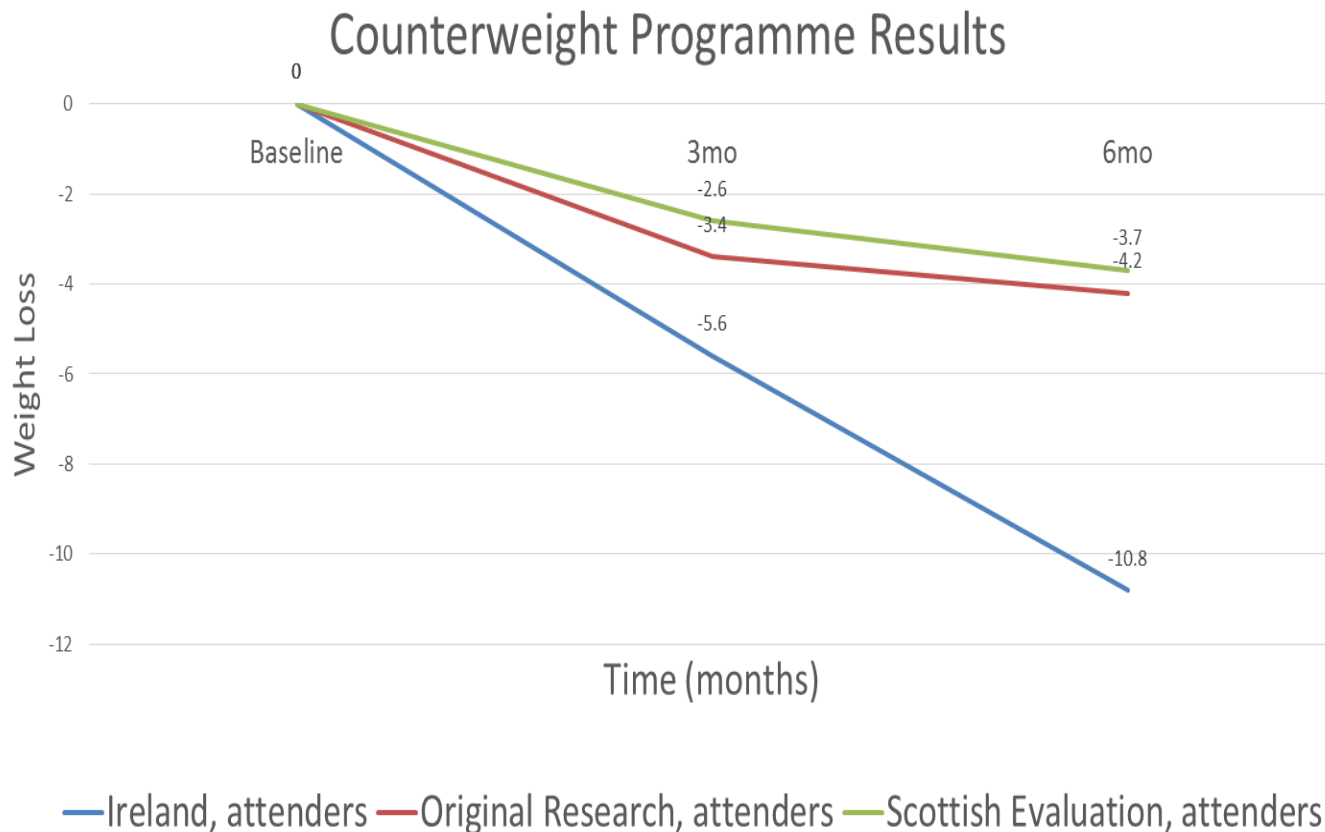
Smoking Cessation:

1 in 14 achieve smoking cessation at 12 months

*British Journal of General Practice 2008 Aug;58(553), 548-554
Family Practice 2012; 29:i139-i144*

*ISD Scotland 2011 May
Int J Obes Relat Metab Disord 1999;23:1074-1078*

Experience to date in Ireland with Dietitian delivery



Mindfulness





“When we do not pay attention to the food in our mouth, it is as if we did not eat it.”

Jan Chozen Bays, MD
Food for Thought, Mindful Eating & Multitasking, Fall 2013

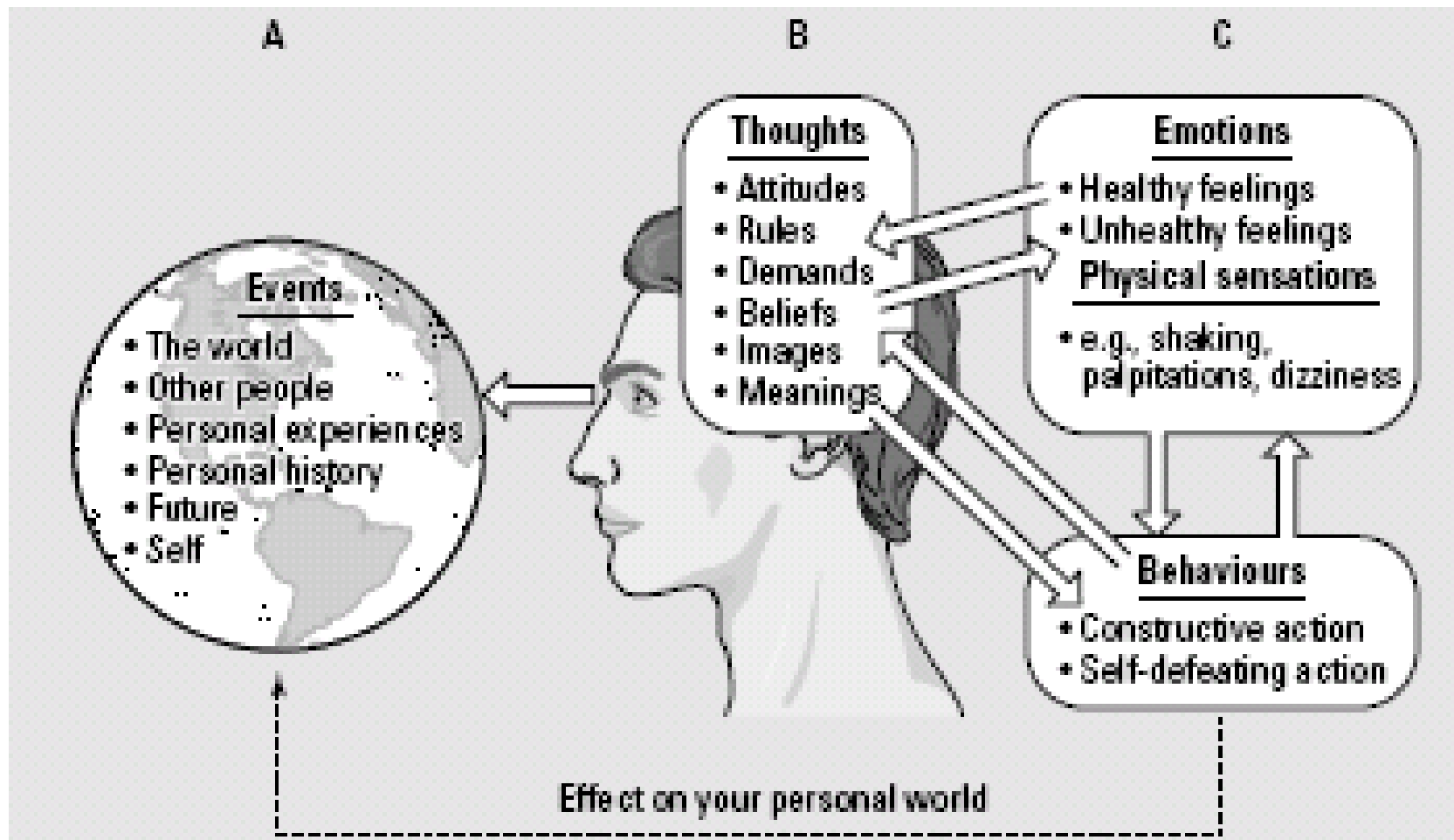
Mindful Eating

- Calm relaxed environment.
- Am I Hungry?
- Body Mind Heart Scan
- See, smell, taste mindfully.
- Eat without guilt
- Eat with intention and attention
- Use hunger and satiety to guide when and how much
- Use principles of balance variety and moderation

Hunger



Cognitive Behavioural Therapy



Unhelpful thinking styles

All or nothing thinking



Sometimes called 'black and white thinking'

If I'm not perfect I have failed

Either I do it right or not at all

Unhelpful thinking styles

should
must

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed

If we apply 'shoulds' to other people the result is often frustration

Unhelpful thinking styles

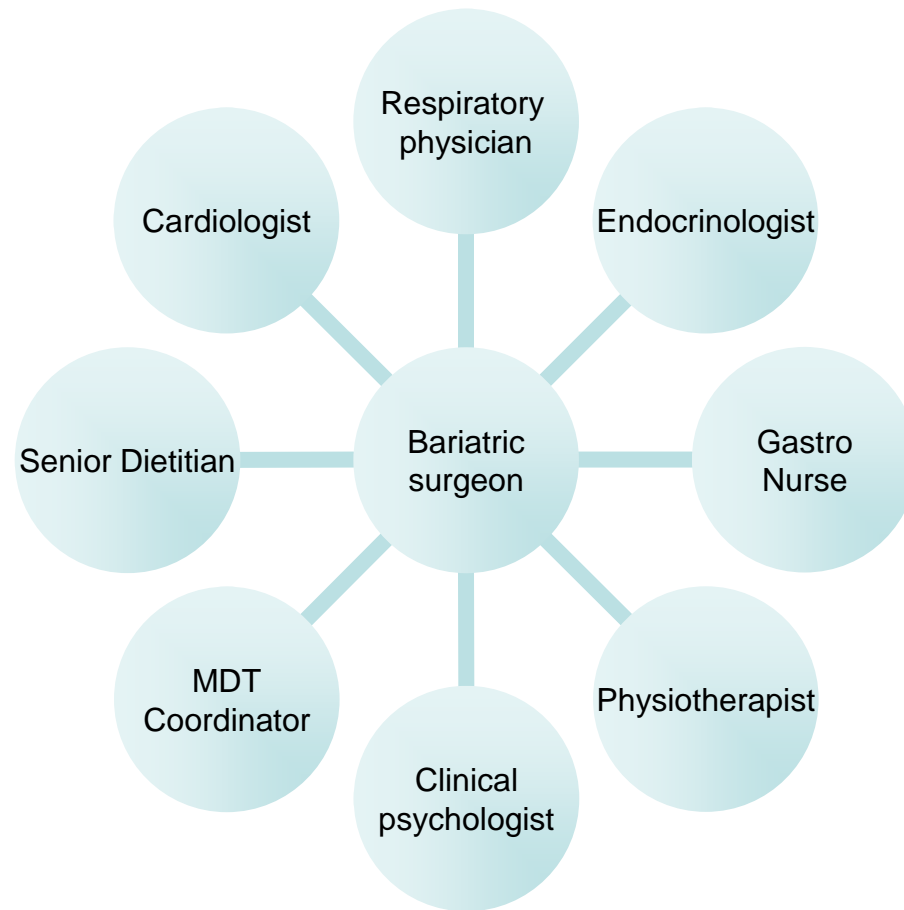
Emotional reasoning



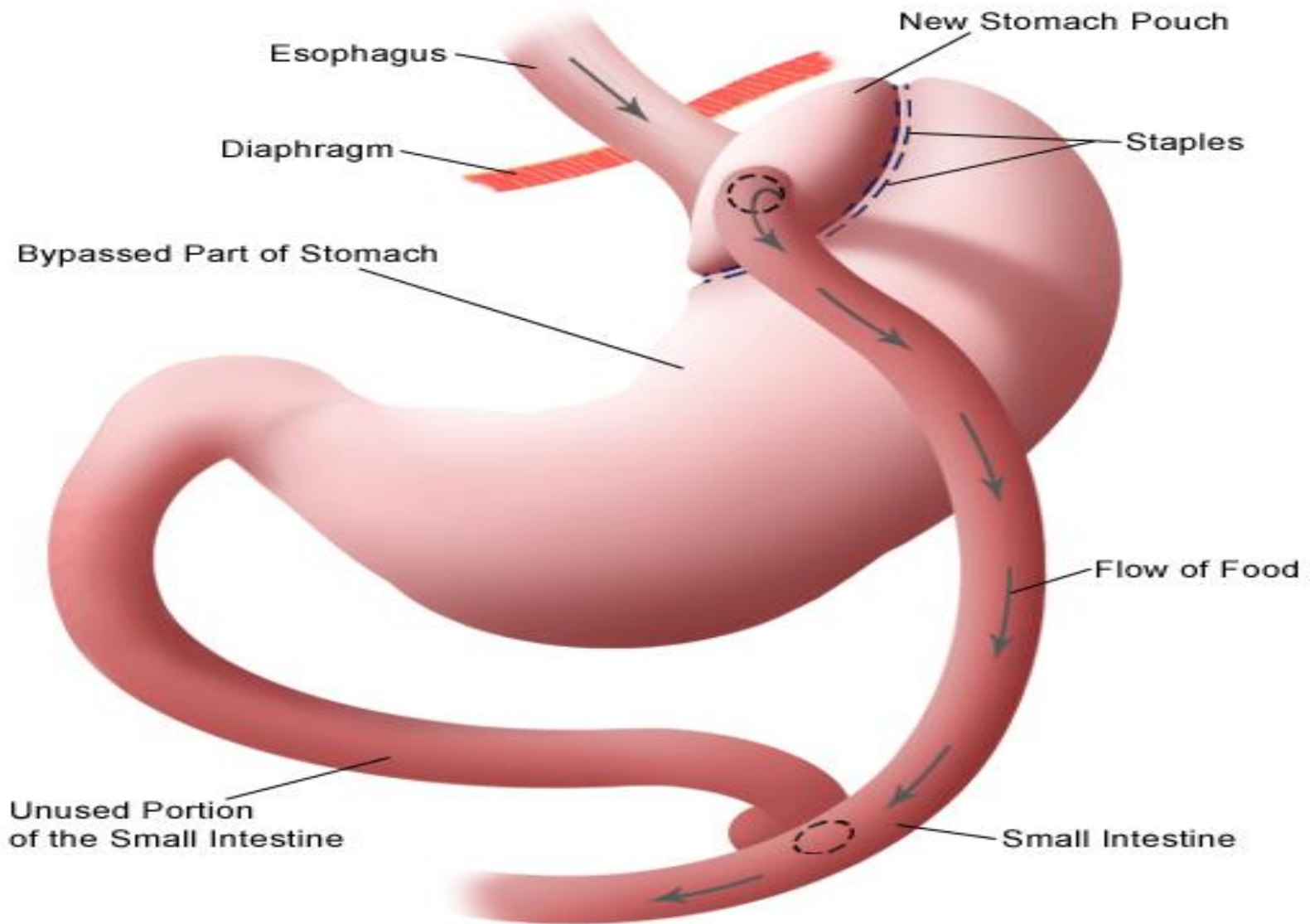
Assuming that because we feel a certain way what we think must be true.

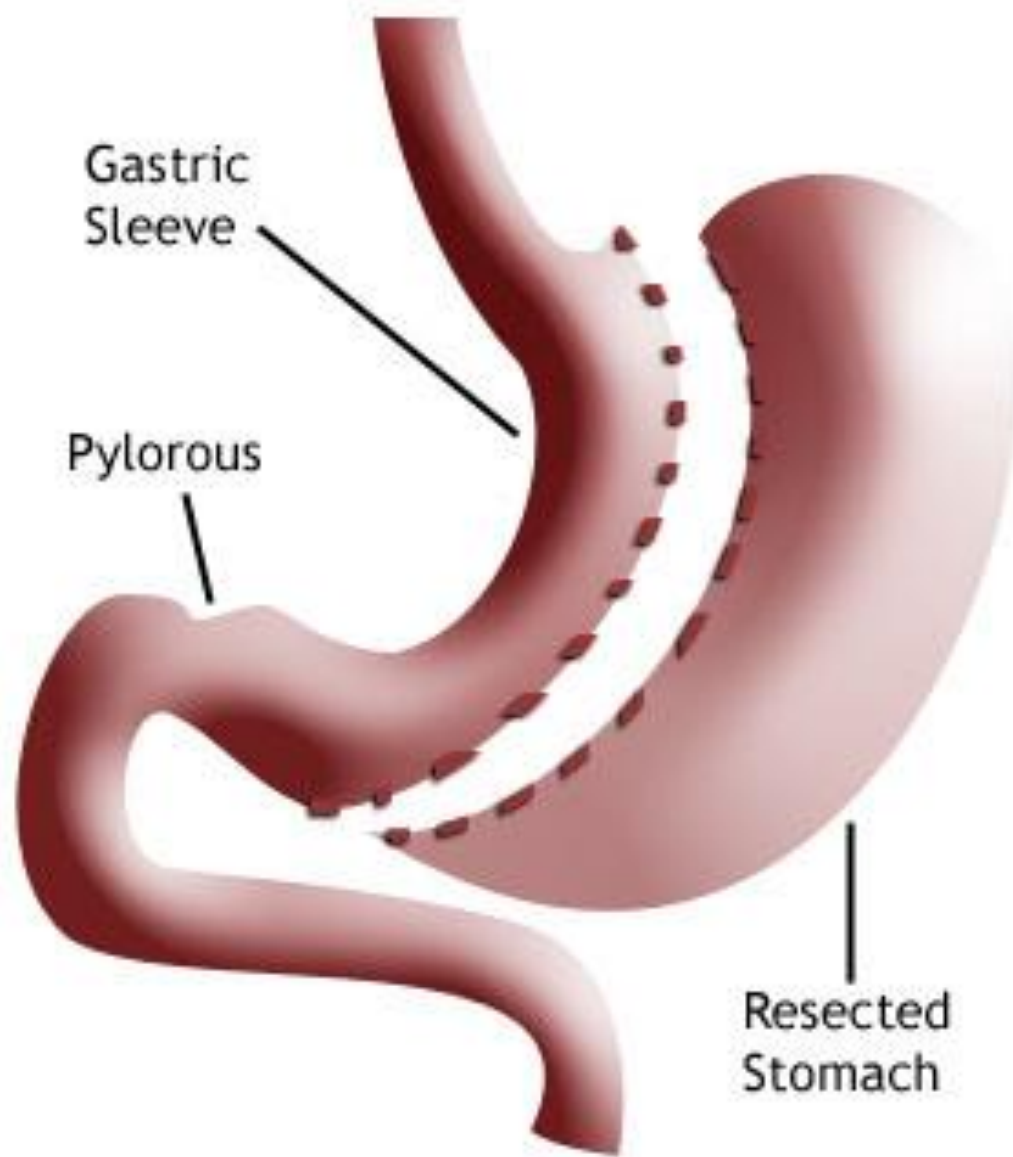
I feel embarrassed so I must be an idiot

Bariatric Multi-Disciplinary Team



Roux-en-Y Type of Gastric Bypass Procedure







Labour councillor John Mulvihill from Cobh, Co Cork feels and looks like a new man after trimming down to a svelte 14 stone following revolutionary gastric surgery. Mr Mulvihill was 22 stone before the surgery (right). DARAGH MacSWEENEY/PROVISION