

A Weight off Your Mind



A Weight Management Plan for people with Severe Mental illness and/or a learning disability

Easy Read version

What is the Weight Off Your Mind Plan?



This Weight Management Plan has been made by Northumberland, Tyne and Wear and Tees Esk and Valley NHS Foundation Trusts.



These are organisations that help to plan and run health services in the North East of England for people with a learning disability and /or severe mental health problems.



The plan says what the health service will do to support people with a learning disability and /or severe mental health problems around their weight issues.



This support will come from the health services and the community services that help people with their weight. A community group could be many things such as a walking group or diet group.

Why do we need a plan?



People with a severe mental illness and/or a learning disability have much poorer health than the rest of the population.



This includes carrying more weight than the rest of the population. Carrying too much weight can be bad for your health and can cause heart disease, strokes and diabetes.



People with a learning disability and / or a severe mental health problem can die from preventable causes up to fifteen years sooner than the rest of the population.

This plan is for the next three years

Leadership

Leadership is about good leaders making sure the Weight Management Plan is used properly to make peoples lives better. Good leaders must:



Tell people about the plan in a way they understand.



Make sure health staff know what they need to do to make sure the plan works.



Support people who work in the health service and people who use the health service to lose weight.

Physical health screening

Physical health screening is when somebody is given a lot of tests to see how healthy they are. It could be tests for things like having a strong heart, testing somebody's weight, testing for diabetes as well as lots of other things.

Good Physical Health Screening must:



Be done properly and to a good standard.



Be given to the people who need it.



Done by staff who are trained to carry out physical health screening.



Have the right equipment like scales, to carry out the screening.



Make sure that anything found out from somebody's Physical Health Screening goes into a person's Health Action Plan.

Food and nutrition

Nutrition means the goodness that is in food. Good food has lots of nutrition in it. This type of food helps people to be healthy. This is what the plan says will be done to support people to have good food.



The health services will provide healthy food for service users, staff and visitors. This includes:



1: Being careful about people having too much 'unhealthy' takeaway food.



2: Eating smaller amounts of food.



3: Being careful about the amount of sugar people have.



4: Cooking using healthy recipes.



The plan says staff should know how to check people are getting enough good, healthy food so they do not end up poorly or under-fed.



The plan says health staff should be supported if they are trying to lose weight.



The plan says health staff should be supported to become mentors. A mentor is somebody who can support other staff to be healthy.



Make sure everybody can get easy to understand information and advice about how to be healthy.

Make sure people can take part in physical activity



Make sure people with a learning disability and/or a mental health condition can use leisure services in the community.



Make sure people have the support to take part in physical activity.



Make sure that people who work in the health service see physical activity as a good option for people.

Support health staff to take part in physical activity like cycle to work schemes.

Medicine and weight management

Make sure health staff and service users understand how some medicines for people with severe mental health problems can make people put on a lot of weight.



Provide accessible information about how some medicines can make people put on a lot of weight.

If people need to take powerful medicine that can cause people to gain weight make sure:



1: People have access to physical activity



2: People can talk to their doctor to get good advice about medication and weight.

Talking therapies

Talking therapies are where you talk about how you feel to somebody who is trained to help you. Talking about how you feel can also help people to think about how to lose weight and get healthier.



The plan wants to make sure that staff who are trained in offering talking therapies:



Understand how important it is to talk to people about eating and exercise.



That people are offered small amounts of talking therapy or big amounts of talking therapy depending upon how much support a person needs.



Health staff will also be given the chance to talk to a trained person about how to manage their weight.

Education and information

The plan says



There will be more information and training for staff on supporting people with weight management.



Students studying health courses at university will be supported to understand the importance of good health for people with severe mental health issues and/or a learning disability.



Staff working in Learning Disability and Mental Health Services will be trained to support service users with their weight issues.



People with a mental health problem and/or a learning disability will be trained so that they can support other people around having a healthy lifestyle.



Family carers will get training and information so that they are able to support the physical health needs of the person they care for.

Working with the community



To make sure health service staff know about the different groups people can use in the community that can help people lose weight and get fit. This could be a gym, diet group, walking group and much more.



To work with these community groups to make sure they can be used by people with a severe mental health and/or learning disability.

Children and Young People



To make sure that children and young people are also supported with healthy eating and good physical activity.



To make sure young people have their weight measured on a regular basis.



To train staff working with children and young people to understand how to support people with diet and physical activity.

Learning Disabilities



Make sure every person with a learning disability has an annual health check led by a General Practice.



Support people with a learning disability around diet and physical activity, looking at the best ways to support people to make their own choices about their health.



Develop a healthy eating and exercise scheme for people with a learning disability 'called the 12 Month Challenge'.



Some people with a learning disability have conditions that affect their weight. These people will have their own plans to support them to be healthy.



Make sure all materials used are as easy to understand as possible.