

Healthy You

Tier 2 Adult Weight Management Pre - and post-natal and Parents' Services

August 2021

Pre-natal and Post-natal and Parents' Services overview



Standard 3 month programme in line with NICE

- ❖ Initial Assessment
- ❖ 6 month follow
- ❖ 12 months follow up

Eligibility Criteria – Pre-natal



- For women planning a pregnancy
- Adults **over 16 years of age.**
- **BMI >25**, with motivation to learn how to lose weight and/or maintain a healthier weight
- No significant co-morbidity precluding involvement in tier 2 services
- No upper BMI or upper age limit for referral
- Individuals given the opportunity for a re-referral, as necessary

Eligibility Criteria – Post-natal



- For women who have just had a baby or are new mothers
- Adults **over 16 years of age**
- **BMI >25**, with motivation to learn how to lose weight and/or maintain a healthier weight
- No significant co-morbidity precluding involvement in tier 2 services
- No upper BMI or upper age limit for referral
- Individuals given the opportunity for a re-referral, as necessary

Eligibility Criteria – Parents



- For parents who have children aged 0 – 18 years old
- Adults **over 16 years of age**
- **BMI >25**, with motivation to learn how to lose weight and/or maintain a healthier weight
- No significant co-morbidity precluding involvement in tier 2 services
- No upper BMI or upper age limit for referral
- Individuals given the opportunity for a re-referral, as necessary

What to expect for the Prenatal Service



- 12 x 1 hour face to face session
- 30 minutes of nutrition workshops
- 30 minutes of physical activity, including resistance training and circuits

IT'S FREE!

What to expect for the Postnatal Service



- 12 x 1 hour face to face session
- 30 minutes of nutrition workshops
- 30 minutes of physical activity, including buggy walks.



What to expect for the Parents' Service



- 12 x 1 hour virtual zoom session
- 30 minutes of nutrition workshops
- 30 minutes of physical activity, including family exercises.

IT'S FREE!

FAQs

- Can I bring my carer or husband/partner? Yes, anything to increase your motivation and support.
- Can I bring my baby and what is the max age? Yes you can, we can accept babies from 0 – 12 months.
- What if I have holiday during the course? Just let us know in advance and we can send resources to you
- I have other health issues, can I still join? Yes, no health issues excluded!

Nutrition Topics Covered: Pre-natal



Week	Session Topics
1	What is a Healthy balanced diet
2	Portion Sizes and Healthy Snacks
3	Goal Setting and Alcohol Awareness
4	*Gestational Diabetes*
5	Food Labels and Smart Shopping
6	Triggers and Mindful Eating
7	Skills to Support Behaviour Change
8	Sugars and Starches
9	Meal Planning and Recipe Adaptation
10	Fats and Plant Power
11	Eating out and Take-Aways
12	Moving Forward

Nutrition Topics Covered: Postnatal



Week	Session Topics
1	Eating Right Postpartum
2	Portion Sizes and Healthy Snacks
3	Goal Setting and Hydration
4	*Keep Active: Pelvic floor*
5	*Challenges After pregnancy*
6	Triggers and Mindful Eating
7	Skills to Support Behaviour Change
8	Sugars and Starches
9	*Family Meal Planning*
10	Food Labels and Smart Shopping
11	*The importance of sleep and stress reduction*
12	*Graduation and Certificates*

Nutrition Topics Covered: Parents



Week	Session Topics
1	Introductions / measurement
2	Getting Started and reaching my goals
3	Eatwell Guide and balancing what we eat
4	Behaviour change 1: Supporting our Children
5	Portion sizes and Meal Planning
6	Behaviour Change 2: Triggers and Mindful Eating
7	Keep Active and Having Good Sleep
8	Food labels and Sugary Drinks
9	Fats and Healthy Cooking Methods
10	Active Families
11	Snacking and Cooking On a Budget
12	Graduation and Future Plans

The Participant Workbook

- Currently in progress
- Will cover the benefit of weight loss and details of the programme, useful resources including food and activity diaries, weight record and goal sheets
- Give the workbook during initial assessment, to be used throughout the course

Understanding portion sizes for the 5 main food groups is important for weight loss. See below for some practical advice using your hands (and spoons) that you can use to get an idea about appropriate portion size.

Fruit and vegetables

at least 5 different portions a day
aim for the 2:3 ratio, 2 fruit : 3 vegetables

Fruit and vegetables Hand guide

5 A Day: What counts?
One portion of fresh fruit or vegetables is around 80g.

- ▼ 1 whole fruit e.g. 1 apple, 1 medium banana, 1 pear
- ▼ 2 small fruits e.g. 2 satsumas, 2 plums, 2 kiwis, 2 plums
- ▼ 150ml 100% fruit juice – this can only ever count as a maximum of 1 portion of your 5 a day
- ▼ 30g dried fruit e.g. 1 heaped tbsp. raisins, 3 dried apricots
- ▼ 1 dessert bowl full of salad e.g. lettuce, spinach, rocket
- ▼ 3 heaped tbsp. vegetables e.g. peas, sweetcorn, cooked kidney beans, root vegetables (carrot)
- ▼ Fresh, frozen and tinned count towards your 5 a day. Buy tinned vegetables in water and watch out for added sugar and salt.
- ▼ 1 portion of pulses/beans can be counted as 1 of your 5 a day – any others and it would be protein.

Note: White potatoes do not count towards your 5 a day. They're classified nutritionally as starchy carbohydrate.



Fruit = 1 handful

Vegetables = 2 hands cupped together










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Session 5- Portion Sizes and Regular Meal Planning everyone
HEALTH

Portion Sizes
Use the space below each food group make notes on portion sizes.

Are there some food groups your child is eating too much of, or not enough of?
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What 3 tips are you going to use to reduce your portion sizes at home? If you feel your portion sizes are currently okay, how can you maintain this?

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Thank you, any questions?