

1. Supporting healthy weight

What is this work about?



We know that people with a learning disability are more likely to be overweight or underweight



This can lead to people dying too young



One team of staff in the Midlands wanted to collect more information to:



- Understand how to support people with their weight

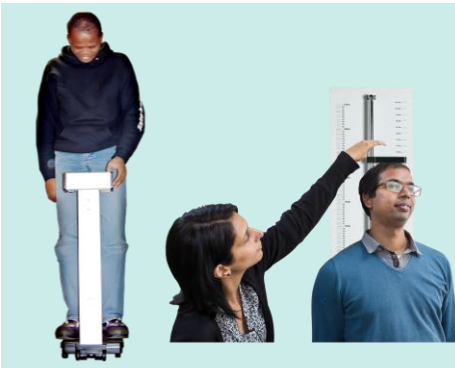
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- Understand how to help people avoid getting to an unhealthy weight in the first place.



They looked at the learning disability register to find out more about the weight and **BMI** of people with a learning disability in their area.



BMI is what health care staff use to check if someone is underweight, overweight or a healthy weight. It is based on your weight and height.



This gave the team a better idea of what people in their area needed.

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The team saw who had not had their weight checked in the last year. They could then book an appointment for them.

What did they find out?



- Staff did not always have the right training



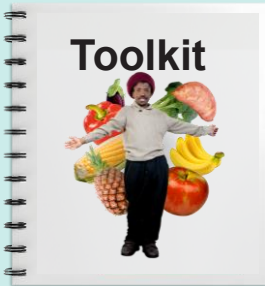
- Some places did not have the right equipment such as scales for people using a wheelchair



- Reasonable adjustments were not always made

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What did the team do?



They made healthy living information called a toolkit. They made one for staff and doctors (GPs) and one for people with a learning disability



The toolkit gives people information about:



- how to live a healthy life,



- how to check and manage their weight.



The team is making a video for carers about the toolkit

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They ran training sessions for staff about:



- The importance of weight management,



- exercise,



- how to talk about weight and



- how to support people to eat well

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How did they make things better?



This work has helped staff to understand how important it is to support people with a learning disability to be a healthy weight.



Staff can do things quickly to support someone to stop them becoming unhealthy.



Staff and people with a learning disability feel more confident to manage their weight.