

# Losing weight – Information for patients

## Tool 18

Both NICE and the Department of Health have produced information for patients. They are available at [www.nice.org.uk/guidance/CG43](http://www.nice.org.uk/guidance/CG43) and [www.dh.gov.uk/obesity](http://www.dh.gov.uk/obesity) respectively.

### Information for patients – from NICE



#### Understanding NICE guidance – Treatment for people who are overweight or obese

This booklet is about NHS care and treatment in England and Wales of people who are overweight or obese.<sup>1</sup> It explains guidance from NICE. It is written for people who may need help with their weight problems but it may also be useful for their families or carers or anyone with an interest in obesity.



#### Understanding NICE guidance – Preventing obesity and staying a healthy weight

This booklet is about the prevention of obesity and staying a healthy weight, for people in England and Wales.<sup>2</sup> It explains the NICE guidance for health professionals, local authorities, schools, early years providers, employers and the public. It is written for people who want to know how to maintain a healthy weight, but it may also be useful for their families, carers or anyone else with an interest in obesity.

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Resources

## Information for patients – from the Department of Health



### Why weight matters

A leaflet for patients who are not yet committed to losing weight.<sup>3</sup> It discusses the risks associated with overweight, the benefits of modest weight loss, and practical tips for people to consider.

To download a copy of this publication, visit  
[www.dh.gov.uk/assetRoot/04/13/44/16/04134416.pdf](http://www.dh.gov.uk/assetRoot/04/13/44/16/04134416.pdf)



### Your weight, your health: How to take control of your weight

A booklet for patients who are ready to think about losing weight.<sup>4</sup>

To download a copy of this publication, visit  
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## References

- 1 National Institute for Health and Clinical Excellence (NICE) (2006) *Understanding NICE guidance – Treatment for people who are overweight or obese*. London: NICE. [www.nice.org.uk/guidance/CG43](http://www.nice.org.uk/guidance/CG43)
- 2 National Institute for Health and Clinical Excellence (NICE) (2006) *Understanding NICE guidance – Preventing obesity and staying a healthy weight*. London: NICE. [www.nice.org.uk/guidance/CG43](http://www.nice.org.uk/guidance/CG43)
- 3 Department of Health (2006) *Why weight matters*. London: Department of Health
- 4 Department of Health (2006) *Your weight, your health. How to take control of your weight*. London: Department of Health