



TOOL D15 Useful resources

TOOL
D15

For:	All partners involved in planning and implementing an obesity strategy
About:	This tool provides a list of training programmes, publications, useful organisations and websites and tools for healthcare professionals.
Purpose:	To provide local areas with the resources to build local capability.
Use:	<ul style="list-style-type: none"> • Can be used for keeping up to date with the latest developments in obesity. • Can be used to gather more detailed information on science and policy.
Resource:	See the <i>Organisations and websites</i> section of this tool on page 185.

National Heart Forum e-News Briefing Service

The National Heart Forum e-News Briefing Service provides subscribers with electronic information on the latest reports and developments relevant to the prevention of avoidable chronic diseases including cardiovascular diseases, cancer, diabetes and related conditions such as obesity.

It covers a broad range of topics including nutrition, physical activity, alcohol, cancer, obesity, tobacco control, stroke, diabetes, hypertension, child poverty and health inequalities.

The service contains details of current media reports, training courses, consultations, policy development, campaigns, career opportunities, latest public health guidance, new resources and forthcoming events.

It is an essential information source for all policy makers, strategic health authorities, local authorities, researchers, public health and primary care professionals and others with an interest in disease prevention and health promotion.

To subscribe

The e-News Briefing Service is **FREE** by e-mail either three times a week (Monday, Wednesday and Friday) or once a week (Wednesday only). You can subscribe by emailing **briefings@heartforum.org.uk**. In the subject heading, request either "e-News Briefing Service – weekly" or "e-News Briefing Service – 3 x per week".

Further information on this service and archived versions of the Weekly e-News briefings can be found at **www.heartforum.org.uk/News_Media_eNewsbrief.aspx**

Promotion opportunity

The National Heart Forum also encourages you to take advantage of this free resource to promote your organisation's activities by forwarding any press releases, new resource information or forthcoming events to **briefings@heartforum.org.uk**

Training programmes

Obesity training courses for primary care

Produced by: Dietitians in Obesity Management DOM UK, National Obesity Forum (NOF) and The Association for the Study of Obesity (ASO) (2005)

Available at: domuk.org

This is a training directory for primary care trusts (PCTs) to give an overview of the different types of training courses available for obesity prevention and management. This can provide a starting point for PCTs. This directory is currently being updated. The new version will be available by Spring 2009.

Obesity: A guide to prevention and management – in association with NICE

Developed by: BMJ Learning in collaboration with the National Institute for Health and Clinical Excellence (NICE)

Available at: learning.bmj.com

This module has been designed to train GPs and other healthcare professionals, on the following:

- BMI and other measures of adiposity
- what level of advice or intervention to use with a patient, depending on their BMI, waist circumference and co-morbidities
- how to explore a patient's readiness to change
- advice to patients on diet, physical activity, and community-based interventions
- when to refer to a specialist.

The module is **online** and takes about an hour to complete.

Expert Patients Programme (for patients)

Established by: Department of Health (In 2007, the EPP was established as a Community Interest Company to increase the capacity of course places)

To access course details: www.expertpatients.co.uk

The Expert Patients Programme (EPP) is a national NHS-based self-management training programme which provides opportunities for people who live with long-term conditions to develop new skills to manage their condition better on a day-to-day basis. For example, in terms of tackling overweight and obesity, patients with diabetes or heart disease can learn how to start and maintain an appropriate exercise or physical activity programme. Training programmes are available across the country.

Publications

Prevalence and trends of overweight and obesity

Health Survey for England

Health Survey for England 2006. Volume 1: Cardiovascular disease and risk factors in adults

R Craig and J Mindell (eds.) (2008).

London: The Information Centre for Health and Social Care.

Available from: www.ic.nhs.uk

Health Survey for England 2006. Volume 2: Obesity and other risk factors in children

R Craig and J Mindell (eds.) (2008).

London: The Information Centre for Health and Social Care.

Available from: www.ic.nhs.uk

Health Survey for England 2005: Updating of trend tables to include 2005 data

The Information Centre for Health and Social Care (2006).

London: The Information Centre for Health and Social Care.

Available from: www.ic.nhs.uk

Health Survey for England 2004. Volume 1: The health of minority ethnic groups

The Information Centre for Health and Social Care (2006).

London: The Information Centre for Health and Social Care.

Available from: www.ic.nhs.uk

Health Survey for England 2003. Volume 2: Risk factors for cardiovascular disease

K Sproston and P Primatesta (eds.) (2004).

London: TSO.

Available from: www.dh.gov.uk

Health Survey for England 2002: The health of children and young people

K Sproston and P Primatesta (eds.) (2003).

London: TSO.

Available from: www.archive2.official-documents.co.uk

Foresight publications

Foresight tackling obesity: Future choices – project report, 2nd edition

B Butland, S Jebb, P Kopelman, K McPherson, S Thomas, J Mardell and V Parry (2007).

London: Department for Innovation, Universities and Skills.

Available from: www.foresight.gov.uk

Modelling future trends in obesity and the impact on health. Foresight tackling obesity: Future choices, 2nd edition

K McPherson, T Marsh and M Brown (2007).

London: Department for Innovation, Universities and Skills.

Available from: www.foresight.gov.uk

Other

Forecasting obesity to 2010

P Zaninotto, H Wardle, E Stamatakis, J Mindell and J Head (2006).
London: Joint Health Surveys Unit.
Available from: www.dh.gov.uk

Obesity among children under 11

D Jotangia, A Moody, E Stamatakis and H Wardle (2005).
London: National Centre for Social Research, Department of Epidemiology and Public Health at the Royal Free and University College Medical School.
Available from: www.dh.gov.uk

National Child Measurement Programme: 2006/07 school year, headline results

The Information Centre (2008).
London: The Information Centre.
Available from: www.ic.nhs.uk

PCO level model based estimates of obesity (adults)

The Information Centre (2008).
London: The Information Centre.
Available from: www.ic.nhs.uk

Storing up problems. The medical case for a slimmer nation

Working Party of the Royal College of Physicians of London, Royal College of Paediatrics and Child Health, and Faculty of Public Health (2004).
London: Royal College of Physicians of London.

The health risks of overweight and obesity, and the health benefits of losing excess weight

Foresight tackling obesities: Future choices – project report, 2nd edition

B Butland, S Jebb, P Kopelman, K McPherson, S Thomas, J Mardell and V Parry (2007).
London: Department for Innovation, Universities and Skills.
Available from: www.foresight.gov.uk

Obesity: Guidance on the prevention, identification, assessment and management of overweight and obesity in adults and children. NICE clinical guideline 43

National Institute for Health and Clinical Excellence (NICE) (2006).
London: NICE.
Available from: www.nice.org.uk

Storing up problems: The medical case for a slimmer nation

Working Party of the Royal College of Physicians of London, Royal College of Paediatrics and Child Health, and Faculty of Public Health (2004).
London: Royal College of Physicians of London.

Tackling obesity in England

National Audit Office (2001).
London: TSO.
Available from: www.nao.org.uk

Obesity: Preventing and managing the global epidemic. Report of a WHO consultation. Technical Report Series 894(3)

World Health Organization (2000).
Geneva: WHO.

Obesity in Scotland. Integrating prevention with weight management. A National Clinical Guideline recommended for use in Scotland (Under review)

Scottish Intercollegiate Guidelines Network (1996).
Edinburgh: SIGN.
Available from: www.sign.ac.uk

National Obesity Forum training resource for health professionals

National Obesity Forum.
London: National Obesity Forum.
Available from: www.nationalobesityforum.org.uk

The economic costs of overweight and obesity

Economic costs of obesity and the case for government intervention

B McCormack and I Stone (2007).
Obesity Reviews; 8 (s1): 161-164.
Available from: www.foresight.gov.uk

Obesity: Costing template and Obesity: Costing report

National Institute for Health and Clinical Excellence (NICE) (2006).
London: NICE.
Available from: www.nice.org.uk

See also *Foresight publications* on page 173.

Causes of overweight and obesity

Foresight tackling obesities: Future choices – project report, 2nd edition

B Butland, S Jebb, P Kopelman, K McPherson, S Thomas, J Mardell and V Parry (2007).
London: Department for Innovation, Universities and Skills.
Available from: www.foresight.gov.uk

Foresight tackling obesities: Future choices – obesity system atlas

IP Vandebroek, J Goossens, M Clemens (2007).
London: Department for Innovation, Universities and Skills.
Available from: www.foresight.gov.uk

Preventing chronic disease: A vital investment. WHO global report

World Health Organization (2005).
Geneva: World Health Organization.
Available from: www.who.int

Storing up problems: The medical case for a slimmer nation

Working Party of the Royal College of Physicians of London, Royal College of Paediatrics and Child Health, and Faculty of Public Health (2004).
London: Royal College of Physicians of London.

Government action on overweight and obesity

Key publications

Healthy Weight, Healthy Lives: A cross-government strategy for England

Cross-Government Obesity Unit (2008).

London: Department of Health and Department for Children, Schools and Families.

Available from: www.dh.gov.uk

Healthy Weight, Healthy Lives: Guidance for local areas

Cross-Government Obesity Unit (2008).

London: Department of Health and Department for Children, Schools and Families.

Available from: www.dh.gov.uk

See also *Foresight publications* on page 173 and *Children: Healthy growth and healthy weight* below.

Children: Healthy growth and healthy weight

The Child Health Promotion Programme: Pregnancy and the first five years of life

S Shribman and K Billingham (2008).

London: Department of Health and Department for Children, Schools and Families.

Available from: www.dh.gov.uk

Improving the nutrition of pregnant and breastfeeding mothers and children in low-income households. NICE public health guidance 11

National Institute for Health and Clinical Excellence (NICE) (2008).

London: NICE.

Available from: www.nice.org.uk

Statutory Framework for the Early Years Foundation Stage. Setting the standards for learning, development and care for children from birth to five

Department for Children, Schools and Families (2008).

London: Department for Children, Schools and Families.

Available from: www.standards.dfes.gov.uk

Practice guidance for the Early Years Foundation Stage. Setting the standards for learning, development and care for children from birth to five

Department for Children, Schools and Families (2008).

London: Department for Children, Schools and Families.

Available from: www.standards.dfes.gov.uk

Eating well for under-5s in child care. Practical and nutritional guidelines

H Crawley (2006).

St Austell: Caroline Walker Trust.

Available from: www.cwt.org.uk

The National Child Measurement Programme. Guidance for PCTs: 2008-09 school year

Cross-Government Obesity Team (2008).

London: Department of Health and Department for Children, Schools and Families.

Available from: www.dh.gov.uk

National Child Measurement Programme: 2006/07 school year, headline results

The Information Centre (2008).
 London: The Information Centre.
 Available from: www.ic.nhs.uk

Tackling child obesity – first steps

The Audit Commission, the Healthcare Commission and the National Audit Office (2006).
 London: The Stationery Office.
 Available from: www.nao.org.uk

Eating well at school. Nutritional and practical guidelines

H Crawley, on behalf of the Caroline Walker Trust and the National Heart Forum (2005).
 The Caroline Walker Trust.
 For details see: www.cwt.org.uk

Food in Schools toolkit

Department of Health (2005).
 London: Department of Health.
 Available from: www.foodinschools.org

Obesity guidance for healthy schools coordinators and their partners

Department of Health (2007).
 London: Department of Health.
 Available from: www.dh.gov.uk

Preventing childhood obesity: Health in the balance

Institute of Medicine of the National Academies (2005).
 Washington DC: Institute of Medicine of the National Academies.
 Available from: www.nap.edu

Towards a generation free from coronary heart disease: Policy action for children's and young people's health and well-being

National Heart Forum (2002).
 London: National Heart Forum.

See also *Choosing interventions* on page 182.

Promoting healthier food choices**Choosing a better diet: A food and health action plan**

Department of Health (2005).
 London: Department of Health.
 Available from: www.dh.gov.uk

Family food in 2006. A National Statistics publication by Defra

Department for Environment, Food and Rural Affairs (2008).
 London: TSO.
 Available from: statistics.defra.gov.uk

Family spending. 2007 edition

E Dunn (2007).
 London: Office for National Statistics.
 Available from: statistics.defra.gov.uk

Nutrition and food poverty: A toolkit for those involved in developing or implementing a local nutrition and food poverty strategy

V Press, on behalf of the National Heart Forum and Faculty of Public Health (2004).
London: National Heart Forum.
Available from: www.heartforum.org.uk

See also *Choosing interventions* on page 182.

Building physical activity into our lives

At least five a week: Evidence on the impact of physical activity and its relationship to health. A report from the Chief Medical Officer

Department of Health (2004).
London: Department of Health.
Available from: www.dh.gov.uk

Building health: Creating and enhancing places for healthy, active lives: What needs to be done?

National Heart Forum, Living Streets, CABI (2007).
London: National Heart Forum.
Available from: www.heartforum.org.uk

Building health: Creating and enhancing places for healthy, active lives. Blueprint for action

National Heart Forum, Living Streets, CABI (2007).
London: National Heart Forum.
Available from: www.heartforum.org.uk

National Travel Survey: 2007

Department for Transport (2007).
London: Department for Transport.
Available from: www.dft.gov.uk

Promoting and creating built or natural environments that encourage and support physical activity. NICE public health guidance 8

National Institute for Health and Clinical Excellence (NICE) (2008).
London: NICE.
Available from: www.nice.org.uk

See also *Choosing interventions* on page 182.

Creating incentives for better health

Working for a healthier tomorrow. Dame Carol Black's review of the health of Britain's working age population

Cross-government Health, Work and Wellbeing Programme (2008).
London: TSO.
Available from: www.workingforhealth.gov.uk

See also *Choosing interventions* on page 182.

Personalised advice and support for overweight and obese people

Clinical guidance: UK – Children and young people

Obesity: Guidance on the prevention, identification, assessment and management of overweight and obesity in adults and children. NICE clinical guideline 43

National Institute for Health and Clinical Excellence (NICE) (2006).

London: NICE.

Available from: www.nice.org.uk

Care pathway for the management of overweight and obesity

Department of Health (2006).

London: Department of Health.

Available from: www.dh.gov.uk

Management of obesity in children and young people. A National Clinical Guideline

Scottish Intercollegiate Guidelines Network (2003).

Edinburgh: SIGN.

Available from: www.sign.ac.uk

An approach to weight management in children and adolescents (2-18 years) in primary care

Royal College of Paediatrics and Child Health and National Obesity Forum (2002).

London: Royal College of Paediatrics and Child Health.

Available from: shop.healthforallchildren.co.uk

Clinical guidance: UK – Adults

Obesity: Guidance on the prevention, identification, assessment and management of overweight and obesity in adults and children. NICE clinical guideline 43

National Institute for Health and Clinical Excellence (NICE) (2006).

London: NICE.

Available from: www.nice.org.uk

Care pathway for the management of overweight and obesity

Department of Health (2006).

London: Department of Health.

Available from: www.dh.gov.uk

JBS 2: Joint British Societies' guidelines on prevention of cardiovascular disease in clinical practice

British Cardiac Society, British Hypertension Society, Diabetes UK, HEART UK, Primary Care Cardiovascular Society, The Stroke Association (2005).

Heart; 91; Suppl V: v1-v52.

Available from: heart.bmj.com

National Obesity Forum obesity care pathway and toolkit

National Obesity Forum (2005).

London: National Obesity Forum.

Available from: www.nationalobesityforum.org.uk

National Obesity Forum guidelines on management of adult obesity and overweight in primary care

National Obesity Forum (2004).
London: National Obesity Forum.
Available from: www.nationalobesityforum.org.uk

Obesity

PRODIGY Knowledge (2001).
Newcastle: Sowerby Centre for Health Informatics at Newcastle Ltd (SCHIN).
Available from: www.prodigy.nhs.uk

Obesity in Scotland. Integrating prevention with weight management. A National Clinical Guideline recommended for use in Scotland (Under review)

Scottish Intercollegiate Guidelines Network (1996).
Edinburgh: SIGN.
Available from: www.sign.ac.uk

Clinical guidance: Australia and United States

Clinical practice guidelines for the management of overweight and obesity in children and adolescents

National Health and Medical Research Council (2003).
Canberra, ACT: NHMRC.
Available from: www.health.gov.au

Clinical practice guidelines for the management of overweight and obesity in adults

National Health and Medical Research Council (2003).
Canberra, ACT: NHMRC.
Available from: www.health.gov.au

The practical guide: Identification, evaluation, and treatment of overweight and obesity in adults

National Heart, Lung and Blood Institute (2000).
Bethesda, MD: National Institutes of Health.
Available from: www.nhlbi.nih.gov

Clinical guidelines on the identification, evaluation, and treatment of overweight and obesity in adults: The evidence report

National Heart, Lung and Blood Institute (1998).
Bethesda, MD: National Institutes of Health.
Available from: www.nhlbi.nih.gov

NICE clinical guidance implementation support tools

Obesity: Costing template, Costing report, Audit criteria, Presenter slides and Guide to resources to support implementation

National Institute for Health and Clinical Excellence (NICE) (2006).
London: NICE.
Available from: www.nice.org.uk

*Referral to services***Four commonly used methods to increase physical activity: brief interventions in primary care, exercise referral schemes, pedometers and community-based exercise programmes for walking and cycling**

National Institute for Health and Clinical Excellence (2006).
 London: NICE.
 Available from: www.nice.org.uk

Overweight health professionals giving weight management advice: The perceptions of health professionals and overweight people

V Lawson and C Shoneye (2008).
 London: Weight Concern.

*GP contract***Standard General Medical Services contract (2006)**

Available from: www.dh.gov.uk

Revisions to the GMS contract, 2006/07. Delivering investment in general practice

British Medical Association and NHS Employers (2006).
 London: BMA and NHS Employers.
 Available from: www.nhsemployers.org

World Class Commissioning**World Class Commissioning: Competencies**

Department of Health (2008).
 London: Department of Health.
 Available from: www.dh.gov.uk

Setting local goals**How to set and monitor goals for prevalence of child obesity: Guidance for primary care trusts (PCTs) and local authorities**

Cross-Government Obesity Unit (2008).
 London: Department of Health and Department for Children, Schools and Families.
 Available from: www.dh.gov.uk

National Child Measurement Programme: 2006/07 school year, headline results

The Information Centre (2008).
 London: The Information Centre.
 Available from: www.ic.nhs.uk

The new Performance Framework for local authorities and local authority partnerships: Single set of National Indicators

Department for Communities and Local Government (2007).
 London: Department for Communities and Local Government.
 Available from: www.communities.gov.uk

Choosing interventions

NICE guidance

Obesity: Guidance on the prevention, identification, assessment and management of overweight and obesity in adults and children. NICE clinical guideline 43

National Institute for Health and Clinical Excellence (NICE) (2006).

London: NICE.

Available from: www.nice.org.uk

Four commonly used methods to increase physical activity: brief interventions in primary care, exercise referral schemes, pedometers and community-based exercise programmes for walking and cycling. Public health intervention guidance no. 2

National Institute for Health and Clinical Excellence (NICE) (2006).

London: NICE.

Available from: www.nice.org.uk

Behaviour change at population, community and individual levels. NICE public health guidance 6

National Institute for Health and Clinical Excellence (NICE) (2007).

London: NICE.

Available from: www.nice.org.uk

Promoting and creating built or natural environments that encourage and support physical activity. NICE public health guidance 8

National Institute for Health and Clinical Excellence (NICE) (2008).

London: NICE.

Available from: www.nice.org.uk

Improving the nutrition of pregnant and breastfeeding mothers and children in low-income households. NICE public health guidance 11

National Institute for Health and Clinical Excellence (NICE) (2008).

London: NICE.

Available from: www.nice.org.uk

Workplace health promotion: How to encourage employees to be physically active. NICE public health guidance 13

National Institute for Health and Clinical Excellence (NICE) (2008).

London: NICE.

Available from: www.nice.org.uk

Promoting healthier food choices

Nutrition and food poverty. A toolkit for those involved in developing or implementing a local nutrition and food poverty strategy

V Press, on behalf of the National Heart Forum and the Faculty of Public Health (2004).

London: National Heart Forum.

Available from: www.heartforum.org.uk

Think fit! Eat well! A guide to developing a workplace healthy eating programme

British Heart Foundation (2008).

London: British Heart Foundation.

For details see: www.bhf.org.uk

*Physical activity***The effectiveness of public health interventions for increasing physical activity among adults: A review of reviews. 2nd edition**

M Hillsdon, C Foster, B Naidoo and H Crombie (2005).
 London: Health Development Agency.
 Available from: www.publichealth.nice.org.uk

Let's get moving! A physical activity handbook for developing local programmes

A Maryon-Davis, L Sarch, M Morris, B Laventure (2001).
 London: Faculty of Public Health and National Heart Forum.

Think fit! A guide to developing a workplace activity programme

British Heart Foundation.
 London: British Heart Foundation.
 For details see: www.bhf.org.uk

Active for later life – Promoting physical activity with older people. A resource for agencies and organisations

BHF National Centre for Physical Activity and Health (2003).
 London: British Heart Foundation.

*General***Weight management in primary care: How can it be made more effective?**

A Maryon-Davis (2005).
 Proceedings of the Nutrition Society; 64: 97-103.
 For details see: www.ingentaconnect.com

Creating a healthy workplace

(Leaflet and accompanying booklet.)
 London: Faculty of Public Health and Faculty of Occupational Medicine (2006).
 Available from: www.fph.org.uk

Diabetes commissioning toolkit

Department of Health (2006).
 London: Department of Health.
 Available from: www.dh.gov.uk

See also *Children: Healthy growth and healthy weight*, on page 176.

*Commissioning services***PCT procurement guide for health services**

Department of Health (2008).
 London: Department of Health.
 Available from: www.dh.gov.uk

See also *National Social Marketing Centre* at www.nsms.org.uk

Monitoring and evaluation

Obesity: Audit criteria

National Institute for Health and Clinical Excellence (NICE) (2006).

London: NICE.

Available from: www.nice.org.uk

Passport to evaluation

Home Office (2002).

York: Home Office.

Available from: www.crimereduction.gov.uk

Evaluation resources for community food projects

P McGlone, J Dallison and M Caraher (2005).

London: Health Development Agency.

Available from: www.nice.org.uk

HEBS Research and evaluation toolbox

Health Education Board for Scotland (HEBS).

Available from: www.hebs.com

Self-evaluation: A handy guide to sources

New Opportunities Fund (2003).

London: New Opportunities Fund.

Available from: www.biglotteryfund.org.uk

Building local capabilities

Obesity training courses for primary care

Dietitians in Obesity Management DOM UK (2005)

London: DOM UK

Available from: domuk.org

(Please note this directory is being updated. The new version will be available by Spring 2009.)

Expert Patients Programme

For details see: www.expertpatients.nhs.uk

Obesity: A guide to prevention and management

See learning.bmj.com for information about this training module. (See also page 172.)

Organisations and websites

Alcohol Concern

www.alcoholconcern.org.uk

American Heart Association (AHA)

www.americanheart.org

Arthritis Research Campaign (ARC)

www.arc.org.uk

Association for the Study of Obesity (ASO)

www.aso.org.uk

Association of Breastfeeding Mothers

www.abm.me.uk

Asthma UK

www.asthma.co.uk

Australasian Society for the Study of Obesity (ASSO)

www.asso.org.au

Beat (Beating eating disorders)

www.b-eat.co.uk

British Association of Sport and Exercise Sciences (BASES)

www.bases.org.uk

British Cardiac Society

www.bcs.com

British Dietetic Association (BDA)

www.bda.uk.com

British Heart Foundation (BHF)

www.bhf.org.uk

British Heart Foundation National Centre for Physical Activity and Health (BHFNC)

www.bhfactive.org.uk

British Nutrition Foundation (BNF)

www.nutrition.org.uk

British Obesity Surgery Patient Association (BOSPA)

www.bospa.org

British Trust for Conservation Volunteers (BTCV)

www.btcv.org

Cancer Research UK

www.cancerresearch.org.uk

Central Council for Physical Recreation

www.ccpr.org.uk

Child Growth Foundation

www.childgrowthfoundation.org

Children's Play Council

www.ncb.org.uk/cpc

Cleaner Safer Greener Communities

www.cleanersafergreener.gov.uk

Communities and Local Government

www.communities.gov.uk

Community Practitioners' and Health Visitors' Association (CPHVA)

www.msfcphva.org

The Counterweight Programme

www.counterweight.org

Cycling England (previously the National Cycling Strategy Board)

www.cyclingengland.co.uk

Department for Children, Schools and Families

www.dcsf.gov.uk

Department for Culture, Media and Sport

www.culture.gov.uk

Department for Transport

www.dft.gov.uk

Department of Health

www.dh.gov.uk

Diabetes UK

www.diabetes.org.uk

Dietitians in Obesity Management (UK) – DOM (UK)

www.domuk.org

European Association for the Study of Obesity (EASO)

www.easoobesity.org

European Childhood Obesity Group

www.childhoodobesity.net

European Commission (Health and Consumer Protection Directorate-General)

europa.eu.int

The European Men's Health Forum (EMHF)

www.emhf.org

Faculty of Public Health

www.fph.org.uk

Fitness Industry Association (FIA)

www.fia.org.uk

The Food Commission

www.foodcomm.org.uk

Food Standards Agency

www.food.gov.uk

www.eatwell.gov.uk

Foresight

www.foresight.gov.uk

Free Swimming

www.freeswimming.org

Heart UK

www.heartuk.org.uk

International Association for the Study of Obesity (IASO)

www.iaso.org

International Diabetes Federation

www.idf.org

International Obesity Taskforce (IOTF)

www.iotf.org

Local Government Association (LGA)

www.lga.gov.uk

Maternity Alliance

www.maternityalliance.org.uk

MEND Programme

www.mendprogramme.org

Men's Health Forum

www.menshealthforum.org.uk

National Heart Forum

www.heartforum.org.uk

National Institute for Health and Clinical Excellence (NICE)

www.nice.org.uk

National Institutes of Health (NIH)

www.nih.gov

National Obesity Forum (NOF)

www.nationalobesityforum.org.uk

National Social Marketing Centre

www.nsms.org.uk

North American Association for the Study of Obesity (NAASO), The Obesity Society

www.naaso.org

Nutrition Society

www.nutrition society.org

Obesity Management Association (OMA)

www.omaorg.com

Office for National Statistics (ONS)

www.statistics.gov.uk

The Overweight and Obesity Organization

www.oo-uk.org

PE, School Sport and Club Links (PESSCL)

www.teachernet.gov.uk/pe

Register for Exercise Professionals (REPS)

www.exerciseregister.org

Royal College of General Practitioners

www.rcgp.org.uk

Royal College of Midwives

www.rcm.org.uk

Royal College of Nursing

www.rcn.org.uk

Royal College of Paediatrics and Child Health

www.rcpch.ac.uk

Royal College of Physicians of London

www.rcplondon.ac.uk

Royal Institute of Public Health

www.riph.org.uk

Royal Pharmaceutical Society of Great Britain

www.rpsgb.org.uk

Royal Society for the Promotion of Health

www.rsph.org

Royal Society of Medicine

www.rsm.ac.uk

Safe Routes to Schools

www.saferoutestoschools.org.uk

Scottish Intercollegiate Guidelines Network (SIGN)

www.sign.ac.uk

Sport England

www.sportengland.org

The Stroke Association

www.stroke.org.uk

Sustain: The alliance for better food and farming

www.sustainweb.org

Sustrans

www.sustrans.org.uk

TOAST (The Obesity Awareness and Solutions Trust)

www.toast-uk.org.uk

TravelWise

www.travelwise.org.uk

United Kingdom Public Health Association (UKPHA)

www.ukpha.org.uk

Walking the Way to Health Initiative (WHI)

www.whi.org.uk

Weight Concern

www.weightconcern.org.uk

Weight Loss Surgery Information and Support (WLSINFO)

www.wlsinfo.org.uk

World Health Organization

www.who.int/en

Tools for healthcare professionals

The following tools are in section E of this toolkit.

Tool number	Title	Page
Tool E1	Clinical care pathways	195
Assessment of weight problems		
Tool E2	Early identification of patients	201
Tool E3	Measurement and assessment of overweight and obesity – ADULTS	203
Tool E4	Measurement and assessment of overweight and obesity – CHILDREN	211
Raising the issue of weight with patients – assessing readiness to change		
Tool E5	Raising the issue of weight – Department of Health advice	217
Tool E6	Raising the issue of weight – perceptions of overweight healthcare professionals and overweight people	221
Resources for healthcare professionals		
Tool E7	Leaflets and booklets for patients	225
Tool E8	FAQs on childhood obesity	227
Tool E9	The National Child Measurement Programme (NCMP)	231