



TOOL E7 Leaflets and booklets for patients

**TOOL
E7**

For:	All healthcare professionals in contact with patients, eg GPs, nurses, pharmacists, psychologists, dentists, health visitors
About:	This tool provides details of leaflets and booklets that have been produced for patients who are worried about being overweight or obese or who are overweight or obese. The leaflets provide details on healthy lifestyles, losing weight, treatment and maintaining a healthy weight.
Purpose:	To provide healthcare professionals with details of leaflets that can be ordered to offer to patients.
Use:	Healthcare professionals should order these leaflets for their workplace and make them available to patients who are either worried about excess weight or who are overweight or obese.
Resource:	www.nice.org.uk , www.dh.gov.uk , bhf.org.uk/publications

The leaflets and booklets for patients listed on the next page have been produced by the National Institute for Health and Clinical Excellence (NICE), the Department of Health and the British Heart Foundation.

How to order

NICE publications	Department of Health Publications	British Heart Foundation publications
Available from www.nice.org.uk	Visit www.dh.gov.uk or order a copy by contacting: DH Publications Orderline PO Box 777 London SE1 6XH Email: dh@prolog.uk.com Tel: 0300 123 1002 Fax: 01623 724 524 Minicom: 0300 123 1003 (8am to 6pm, Monday to Friday)	BHF Orderline: 0870 600 6566 email: orderline@bhf.org.uk , website: bhf.org.uk/publications

General lifestyle advice

From NICE

NICE has produced an information booklet for patients. (See page 225 for details of how to obtain copies.)

*Understanding NICE guidance – Preventing obesity and staying a healthy weight*²²³

This booklet is about the prevention of obesity and staying a healthy weight, for people in England and Wales. 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.

Advice for overweight and obese patients

From the Department of Health

The Department of Health has published a number of leaflets for patients who are overweight or obese. The leaflets provide advice on losing weight and the health risks associated with excess weight. (See page 225 for details of how to order copies.)

*Why weight matters*²²⁴

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

*Your weight, your health: How to take control of your weight*²²⁵

A booklet for overweight patients who are ready to think about losing weight.

*Healthy Weight, Healthy Lives: Why your child's weight matters*²²⁶

The leaflet provides information for parents about the National Child Measurement Programme (NCMP). It also includes practical tips on how to help children eat well and become more active, why maintaining a healthy weight is important, and steps that parents can take to help their family lead a healthy lifestyle.

From NICE

*Understanding NICE guidance – Treatment for people who are overweight or obese*²²⁷

This booklet is about the NHS care and treatment in England and Wales available for people who are overweight or obese. It explains the 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. (See page 225 for details of how to order copies.)

From the British Heart Foundation

*So you want to lose weight ... for good*²²⁸

This is a guide for men and women who would like to lose weight. It provides guidance on food portion sizes for weight loss. (See page 225 for details of how to order copies.)