

## Raising the Issue of Weight Training

**Aim** – To increase confidence in raising the issue of weight

### **Objectives:-**

- To understand the local and national statistics on obesity
- To understand the causes of obesity
- To understand the principles of brief intervention, behaviour change models and Motivational Interviewing
- To increase confidence in raising the issue of weight in own setting
- To be aware of Wiltshire Obesity Care Pathway and how to refer/signpost

The 3½ hour training session delivered by Public Health at Wiltshire Council, will guide practitioners through the support and provide the opportunity for practical support to put the skills learnt into practice. The training course does include elements of role play which is essential to the learning and development of raising the issue of weight.

Training is suitable for any professional coming into contact with children and adults who are overweight/obese and want to develop and improve their skills of raising the issue of weight in an appropriate and sensitive way.

A condensed 1 hour training session is available which is suitable for GP Practice staff to attend within their team meeting.

For more information about the training, or to discuss a bespoke training option for your staff please contact Katie Davies, Public Health Specialist – Life Course Obesity, [katie.davies@wiltshire.gov.uk](mailto:katie.davies@wiltshire.gov.uk) or 01225 716665



