

Wiltshire Tier 2 Weight Management Pathways

| Early Years <5 years old | Child/Young Person 5-16 years old | Pregnant Woman | Adults 16 years + | |
|---|---|---|---|--|
| BMI \geq91st Centile (UK BMI Growth Charts) OR at risk of childhood obesity | BMI \geq 91st centile (UK BMI Growth Charts) | BMI \geq30 at booking appointment | BMI \geq25 | BMI \geq30 or BMI \geq28 with co-morbidities |
| <p>Early Years healthy lifestyle toolkit</p> <p>Baby: www.wiltshire.gov.uk/public-health-weight-baby</p> <p>Toddlers: www.wiltshire.gov.uk/public-health-weight-early-years</p> | <p>Aged 7-11 years: Healthy Me Group Programme</p> <p>Aged 7-16 years: Healthy Me Connect (<i>digital support for families</i>)</p> <p>Contact: healthyme@wiltshire.gov.uk or call 01225 716674</p> | <p>Maternity Healthy Me: Royal United Hospital BLOOM Team: 01249 456539</p> <p>Salisbury Foundation Hospital PIMS Team: 07917 073470</p> <p>Great Western Hospital: Health Trainers: WCOUNCIL.healthtrainers@nhs.net</p> <p>Active Health (exercise referral scheme, by GP/PIMS/BLOOM)</p> | <p>Community Health Trainers (18+): 0300 003 4566 health.trainers@wilts-hire.gov.uk or wCouncil.healthtrainers@nhs.net</p> <p>Active Health (16+) (exercise referral scheme by GP or HCP) physicalactivity@wiltshire.gov.uk 01380 826318</p> | <p>Shape Up 4 Life (including 14 years + with parent) Secure email: shapeup4life.wiltshire@nhs.net</p> <p>Phone: 0800 246 5877 Fax: 44 1249 431055 (linked to secure nhs.net)</p> |

- **Raising the Issue of Weight Training** – free training to help increase confidence in talking to clients about their weight and signposting to services
- **Healthy Weight 4 Life e-toolkit** – www.wiltshire.gov.uk/public-health-weight
- **Healthy Weight 4 Life Professionals page** – www.wiltshire.gov.uk/public-health-weight-professionals