

HELPING YOU BECOME
FIT FOR LIFE

**Fit for Life
Programme
01/03/17**



Presented by Claire Dunne

Fit for Life Programme

- The service is designed to support Tower Hamlets residents who would like support managing their weight and associated long term health conditions.
- Criteria:
 - 18+
 - BMI above 30 (27.5 if South Asian)
 - Motivated to change

Programme Information

- Fit for Life is based around four key dimensions:
 - HEALTHY EATING - helping develop eating habits for a healthier life
 - PHYSICAL ACTIVITY - specially designed programmes to make activity safe and fun
 - WEIGHT MANAGEMENT - personalised action plan to achieve weight goals
 - MOTIVATIONAL SUPPORT - working alongside the patient to help make changes
- The programme lasts for 1 year:
 - Initial Assessment
 - 12 week intensive phase
 - Maintenance phase and support

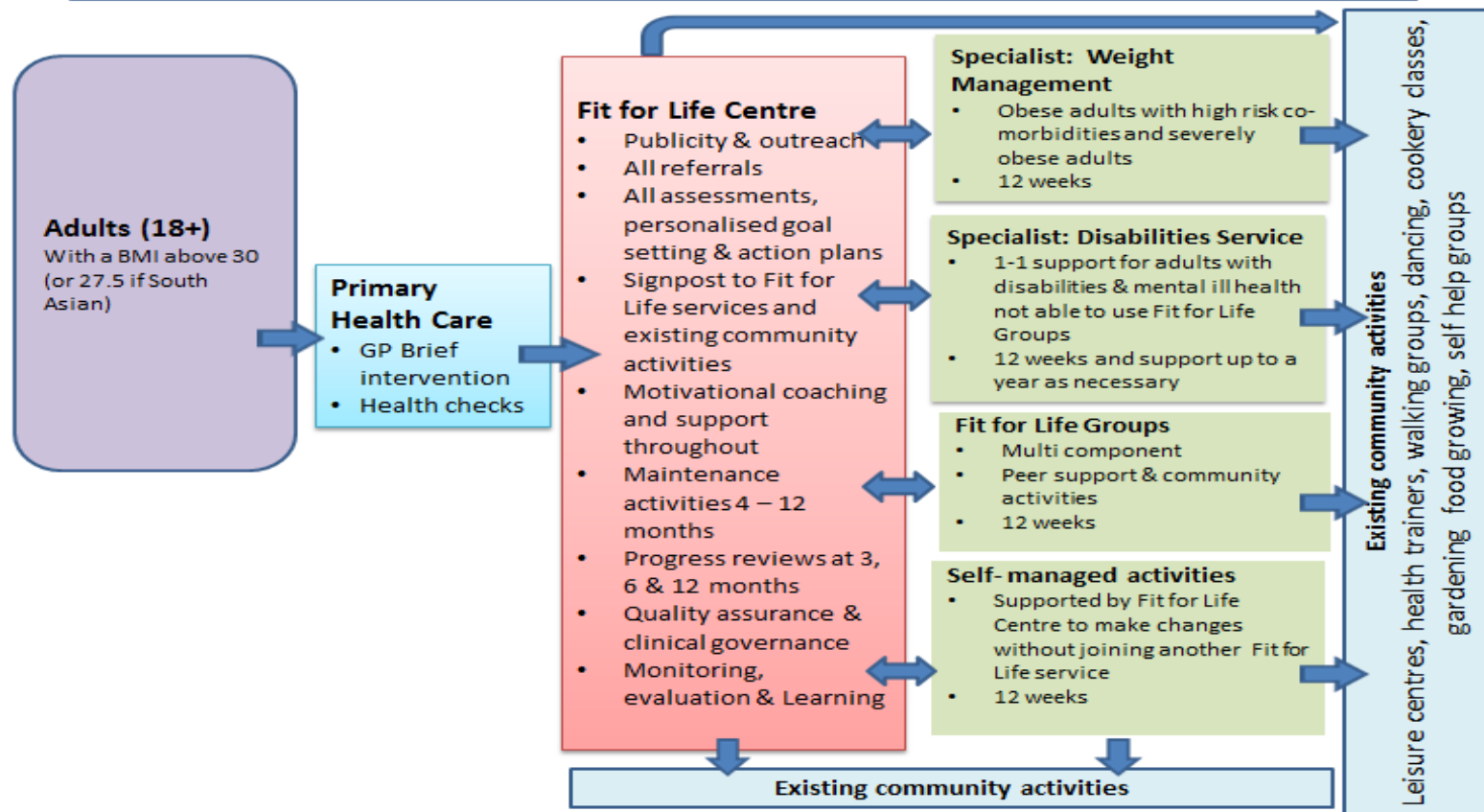


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Tower Hamlets Fit for Life Programme: Pathway
Motivational coaching, physical activity, healthy eating and weight loss - a one year programme



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www.abilitybow.co.uk

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Progress so far

- Year 1 (October '15-September '16)
 - Mobilisation period: Transferring staff/Recruiting staff
 - Referrals: 1665, assessed: 517
 - Started 12 week programme: 296
 - Completers: 69 (programmes started in September complete in Year 2)
- Year 2 (October '16-end of January 2017*)
 - Referrals: 909, assessed: 330
 - Started 12 week programme: 170
 - Completers: 100 (January programmes still on-going)
 - 100-150 assessments planned per month for the rest of the year.



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Successes

- 95% very satisfied (completers of the 12 week groups)
- Weight loss up to 16% of body weight
- Reduced waist circumference up to 12cm
- Improved self-esteem
- Increased physical activity and fitness
- Improved dietary habits
- Reduced medication
- Attendance at other activities: e.g. health trainers, wellness walks, cook and eat



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A few quotes

- *“Learning about healthy food options – it’s pretty manageable when you know how”*
- *“Meeting others and feeling comfortable with the tutors – they were great”*
- *“Feeling more confident about being able to make changes”*
- *“I have been asleep for ages and now I have woken up”*



How to refer?

GP resource page <http://www.towerhamletsccg.nhs.uk/gps/fit4life.htm>
Or Social Prescribing form (must contain NHS number, BMI, medical conditions, consent and confirmation they are fit to take part in the programme)

Email referral form to [fit4life@nhs.net/](mailto:fit4life@nhs.net)
Post referral to Fit for Life Centre, Bromley by Bow Centre, Bruce Road, London, E3
3HN/fax referral to 020 8880 6608

Feedback to referrers

- Letter after Initial Assessment, after completion of 12 week programme, after 6 month & 12 month follow up
- Letter to referrer to let them know when someone does not attend/is discharged from the service

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Any Questions?

01.03.2017

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