

Can we talk about weight?

Creating inclusive and friendly environments to approach discussions about weight

Support people to decide whether choosing to lose is right for them



Would you like to start better conversations about weight with people you work with?

If you can spend even 2-3 minutes chatting about weight, this pack is for you!

This resource offers:

- ▶ suggestions on how to start a conversation about weight with an individual.
- ▶ signposting to Choose To Lose worksheets, local services, resources and websites.
- ▶ facts about weight and health, for professionals and for the community.
- ▶ guidance on how to help people feel heard and supported.

Choose To Lose: www.nhsforthvalley.com/weight

Please email our Weight Management Team, if you would like to be sent a copy of this resource or if you need further support or training to implement this pack into your team:



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