



PQS Domain 2 Prevention - Weight Management Checklist and 4 week Audit

Links to local information can be found at the end of this checklist

Local services	Service contact details	Referral route Self/ GP?
Weight Management		
Physical Activity		

4 Week Audit

The four week audit **MUST** be started by 29th January 2021 to allow declaration on last PQS submission day Friday 26th February 2021.

Start Date:

Week	Number of patients who had a conversation about the benefits of achieving a healthy BMI and who have been shown how to self-measure and calculate their BMI and self-measure their waist circumference.	Number of patients who were referred to other services for weight management support, e.g. physical activity
1		
2		
3		
4		



Supporting information web links

Hampshire County Council

Weight management - for Hampshire residents (including those who's GP surgery sits within a City Council area) <https://www.weightwatchers.com/uk/hampshire>

Further info on weight management

<https://www.hants.gov.uk/socialcareandhealth/publichealth/practitionerresources#step-2>

Physical activity

<https://documents.hants.gov.uk/adultservices/HampshireLifestyleServicesSignpostingDirectory.pdf>

Isle of Wight Council

Weight management <https://www.iow.gov.uk/Residents/Care-Support-and-Housing/Community-Health-and-Wellbeing/Public-Health-Living-Well/Wellbeing-Service>

Physical activity - Isle of Wight also usually provides physical activity referrals to Leisure and health walks, but these have been suspended until further notice.

Portsmouth City Council

Weight management <https://www.portsmouth.gov.uk/services/health-and-care/health/weight-loss-and-weight-management/>

Physical activity <https://www.portsmouth.gov.uk/services/health-and-care/health/getting-active/>

Southampton City Council

Weight management <https://www.healthwatchsouthampton.co.uk/news/receive-12-nhs-funded-ww-weight-watchers-sessions/>

Physical wellbeing <https://www.southampton.gov.uk/health-social-care/adults/impairments-and-disabilities/care-professionals-training/physical-wellbeing.aspx>