



NHS Lothian Adult Weight Management and Type 2 Diabetes Prevention Service

Who are we?

The Adult Weight Management service is a team of specialist dietitians, exercise specialists and psychologists who work with adults throughout Lothian.

What do we do?

We aim to support adults to make healthy lifestyle changes and manage their weight. The service will help people to work towards eating well, getting more active and living well to improve health.

Specialist Weight Management Support

Specialist weight management advice and support is available from specialist dietitians, which includes an initial assessment appointment of 45-60 minutes to determine which type of support is the best fit for your needs. You may then be invited to participate in a structured dietary and lifestyle programme which will support you in making positive changes to your diet and lifestyle.

Support is primarily in the form of group based sessions. The sessions run for 90 minutes on a fortnightly basis for a total of 6 sessions. Individual support may be available where required. These sessions are currently provided online and face to face.

This service is operated using an opt in system. Once you are near the top of our waiting list, we will send you a letter inviting you to call us and book your appointment, at the most convenient clinic venue, time and date for you.

As part of this programme we also provide:

Physical activity

At assessment you will also be offered the opportunity to take part in our physical activity programme. This involves a one-to-one appointment with an exercise specialist, followed by a 12-week group exercise programme at one of our community venues across Lothian.

Psychology support

At your initial assessment, the dietitian will discuss your relationship with food to ensure you receive suitable support. You may be referred to one of our weight management psychologists for further assessment and consideration of additional supports. Outcomes from the psychology service may include group or individual support from the psychology service, or referral to another service that is likely to be more suitable for your needs. Most people who access psychology will return to the dietetic-led part of the service after psychology input, if they choose.

Our psychologists have provided some guidance to consider on the Lothian Wellbeing website, which might be helpful whilst you wait for an assessment from our service, including resources you can work through if you feel you have a difficult relationship with food:

<https://www.wellbeinglothian.scot/area/manage-your-weight/>



You can find out more information about the Lothian Weight Management & Type 2 Diabetes Prevention Service on our web page: <https://weare.nhslothian.scot/awmt2d>

