

Weight Management



weightwatchers

- Public Health at Hertfordshire County Council offer a referral scheme to a free 12 week subscription to either Slimming World or Weight Watchers for Hertfordshire patients who are registered to a GP practice in the county and who meet the criteria below.

Inclusion Criteria

- 16 years and above
- Body Mass Index (BMI) >30
- BMI > 28 with co – morbidities (e.g. high blood pressure, diabetes, arthritis etc)
- BMI >27.5kg/m² of South Asian Origin with or without co-morbidities
- Motivated to lose weight
- Able to attend weekly support meetings for 12 weeks

Exclusion Criteria

- Pregnant women
- Currently have an eating disorder
- Attended Weight Watchers / Slimming World or a similar commercial weight management programme in previous 3 months
- Previously referred, re-referral is not permitted or funded