



## Standards for the Provision of Services to People with Overweight and Obesity in Wales

### **Purpose and Summary of Document:**

This paper sets out proposed standards to support Health Boards and their partners to deliver equitable and effective care to those who are overweight or obese in Wales in line with the All Wales Weight Management Pathway.

# Introduction

The Healthy Weight Healthy Wales Strategy recognised the importance of addressing health and weight as one of the leading causes of poor health and early death in the Welsh population. The approach outlined in the Strategy recognised the need to act on multiple levels to address the wider determinants of poor diet and physical inactivity through to evidence based and equitable services to support those who need help to achieve and maintain a healthy weight.

Throughout the development of the strategy people with experience of overweight and obesity and the health professionals who work with those individuals consistently emphasised the shame, stigma and discrimination that people experience. It is essential to ensure that care is provided in a non-stigmatising way. There is also a need to recognise and acknowledge that an unhealthy weight is not a personal failing but a consequence of a complex range of factors in the physical, social and economic environment combined with genetic factors which together mean that achieving a healthy weight is much harder for some people than others.

These standards have been developed to support Health Boards, working with their local partners, in providing appropriate, evidence based, supportive and psychologically informed services to their local population.

The standards apply to both the delivery of specific services to meet the needs of local people in line with the All Wales Weight Management Pathway for Children and Adults and to ensure that all care provided promotes dignity in care for people living with overweight and obesity through all of their interactions with the local health and care system.

These standards are designed to support Health Boards on a journey of continuous improvement in provision of services for individuals who live with overweight and obesity.

A review of the previous Obesity Pathway Implementation by Public Health Wales in 2018 identified a number of opportunities for improvement to ensure that services were available at each level of the pathway in line with nationally recognised standards and good practice.

These standards recognise the critical role that Health Boards play in planning and co-ordinating care across the pathway to ensure that the individual patient journey is facilitated and that movement between services is as seamless as possible as individual needs change.

The standards will also form the basis of reporting by Health Boards to Welsh Government on the implementation of the pathway.



# The Standards

## Standard 1

Each Health Board publishes a strategic weight management pathway development plan, agreed with Welsh Government. The plan should set out an assessment of need to inform priorities for action; a phased development plan; a description of services at each level of the All Wales Weight Management Pathway for adults, children and those with specific needs e.g. pregnant women.

## Standard 2

Health Boards can demonstrate how services in the strategic weight management pathway development plan will meet the needs of the population and reduce inequalities in outcomes. Health Boards should be able to demonstrate that services are accessible; targeted to specific needs where appropriate and that monitoring of service uptake considers equity of access for vulnerable groups. Health Boards should report annually on service capacity at each level of the pathway.

## Standard 3

People with higher body weights are treated with dignity and respect and do not feel stigmatised due to a lack of appropriate equipment or facilities. This includes patient transport and emergency services.

## Standard 4

Planning, commissioning, evaluation and delivery of services actively engages with and involves people living with overweight and obesity.

## Standard 5

The Weight Management Pathway in the local area is managed and co-ordinated. Services delivering elements of the pathway have a clear understanding of roles and responsibilities and mechanisms to facilitate movement of individuals within the pathway in a seamless manner as needs change.

## Standard 6

Protocols informed by the All Wales Child Protection Procedures (2008) are followed when childhood obesity is a cause for professional concern, regarding wellbeing and risk of harm.

## Standard 7

Staff working within the Health Board receive training to enable them to offer compassionate, psychologically informed care that avoids stigma and discrimination. All staff are able to engage in supportive conversations with patients regarding weight management in line with Level 1 of the pathway.

## Standard 8

The Health Board adopts a continuous improvement approach to service quality and outcomes using the minimum dataset and other mechanisms including patient stories.

The Health Board submits returns to Welsh Government in line with the minimum services standards and actively encourages participation in national audit and review.

## Standard 9

Weight management services share their learning with colleagues within and beyond weight management services.



# Appendix

## Reporting Template – Healthy Weight Healthy Wales Standards 2021/22

Health Board		Person Completing Return	
		Contact details:	
<b>Standard 1</b>			
Please attach a copy of your strategic development plan  Plan Attached <input type="checkbox"/>	Target population/ Geographical Area/Planned Capacity	New Funding allocated (where appropriate)	
<b>Level 1</b>  Include details of any development work planned in 2021/22			
<b>Level 2</b>  Include details of any new service developments planned at level 2 for 2021/22			
<b>Level 3</b>  Include details of any new service development planned at level 3 for 2021/22			
<b>Level 4</b>  Provide details of any developments planned to facilitate access to level 4 services including shared care arrangements with level 3; guidance or training for referrers etc.			
<b>Standard 2</b>			
<b>Current Service Capacity/Activity (Annual) Adults at</b>	Capacity for New Referrals per year	Number of new referrals treated	
<b>Level 2</b>			
<b>Level 3</b>			



Level 4		
Current Service Capacity/Activity (Annual) Children at		
Level 2		
Level 3		
Level 4		
Please provide details of any improvement work undertaken to increase access to services by vulnerable groups; those from ethnic minority backgrounds at higher risk of obesity; individuals from disadvantaged communities		
<b>Standard 3</b>		
Please provide details of any work undertaken to ensure all clinical areas have access to equipment suitable for the care and treatment of individuals of higher body weight		
<b>Standard 4</b>		
Please describe the mechanisms you have established to ensure that patient and public involvement influences the planning, design, evaluation and delivery of services.		
<b>Standard 5</b>		
Please provide a map/diagram of your local Weight Management Pathway setting out the key service elements and any overall management/co-ordination for adults and children		
<b>Standard 8</b>		
Please set out work planned to enable the workforce to deliver compassionate, psychologically informed care for people with overweight and obesity.		
<b>Standard 9</b>		

