

## Ten Top Tips Trial

The famous Ten Top Tips has been incredibly well received as a brief weight loss intervention. Presented as a simple leaflet that encourages the development of healthy habits, Ten Top Tips outlines ten straightforward tips for weight management that can be built into our daily routines and repeated regularly. Since its first print in 2007, in conjunction with Cancer Research UK, over 200,000 copies have been disseminated to NHS services, charities, community centres and commercial organisations. To add to the previous studies which support its effectiveness in forming healthy habits, the Ten Top Tips is about to embark on a full randomised controlled trial. Weight Concern is supporting University College London and the Medical Research Council in a trial with over 500 users across England. We are keen to recruit a member of the public to help inform the study, to find out how you could get involved please email [enquiries@weightconcern.org.uk](mailto:enquiries@weightconcern.org.uk)



<http://www.weightconcern.org.uk/tentoptips>

## Weight Concern is working with the British Heart Foundation (BHF) Heart Health Roadshow

Weight Concern is providing training to staff on the Heart Health Roadshow, a mobile heart assessment and support unit run by the BHF. The aim is to make sure everyone has the information, support and guidance needed for a healthy heart. Specially trained cardiac nurses and heart health advisors are on hand to help you to make changes to your lifestyle now to reduce your risk of developing heart disease in the future. For more information or to complete your own lifestyle check visit:

<http://www.bhf.org.uk/heart-health/tests/lifestyle-check.aspx>

## African Caribbean Recipe Cards

Weight Concern's dietitian, Charlene Shoneye, has developed a series of recipe cards using African Caribbean foods for the British Heart Foundation. Each card has interesting facts, nutritional information and cooking instructions for a fruit or vegetable native to Africa and the Caribbean. The back of the card has a simple, heart healthy recipe to try. Sign up to receive the full recipe collection for free. <http://www.bhf.org.uk/publications/view-publication.aspx?ps=1001321>



## Weight Concern Website

We have recently been updating our website. A survey of website users revealed that you wanted to see:

- A website that was clear and easy to use
- More information for individuals trying to manage their weight
- Dedicated sections of the website to different groups of people, e.g. young people, health professionals etc.

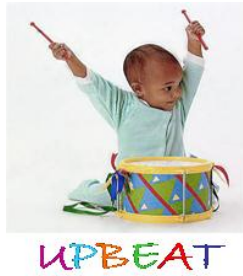
Thank you to those who completed the questionnaire; your opinions are important to us and have helped to develop our new look website which goes live this summer. Behind the scenes, work is on-going to further improve navigation and to add other topics that are important to you.

**If you have any further suggestions for information you would like to see on the website, please email us at [enquiries@weightconcern.org.uk](mailto:enquiries@weightconcern.org.uk).**



## Maternal Obesity

A study from the Centre for Maternal and Child Enquiries revealed that more than 5% of pregnant women in the UK are dangerously overweight, with a body mass index over 35. Being obese during pregnancy poses a number of risks to both the baby and mother. Weight Concern has been working with a team of researchers at St Thomas' Hospital and other universities across the UK to develop a healthy living programme called UPBEAT. Focusing on healthy eating and activity, UPBEAT offers expecting mothers the support of a health care assistant to guide them through sessions which include reading food labels, keeping active during pregnancy and healthy eating tips to look after both mum and baby. After a successful first phase, the UPBEAT programme is now part of a randomised controlled trial. Weight Concern has been involved in the development of the manual, materials and training the health trainers.



## Preventing type 2 diabetes - population and community interventions

**NHS**  
*National Institute for  
Health and Clinical Excellence*

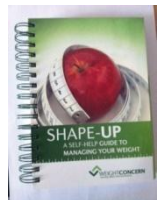
This guidance is aimed at those working in national and local public health services including health professionals, commissioners and those involved in public engagement.

The guidance aims to help prevent type 2 diabetes among adults who are at high risk including those who are overweight, obese and those with low levels of physical activity. People of South Asian and black African descent are also at higher risk. The recommendations include support for professionals to identify local communities at high risk of developing type 2 diabetes as well as to assess their knowledge, awareness, attitudes and beliefs. Specific cultural, language and literacy needs are also addressed as research shows that these are likely to be barriers to engagement and behaviour change. To read the full guidance click here: <http://guidance.nice.org.uk/PH35>

For more information about diabetes, visit Diabetes UK: <http://www.diabetes.org.uk/Guide-to-diabetes/Introduction-to-diabetes/>

## NEW SHAPE-UP MANUAL

The Shape-Up Manual has been updated to include government changes on nutrition guidance as well as a new section on the suitability of the Shape-Up programme for people with different medical conditions. The new look version is now ring bound with easy to write on pages. For further details of updates and how to order, please visit [www.weightconcern.org.uk](http://www.weightconcern.org.uk)



**DOM UK** 'DOM UK' or 'Dietitians in Obesity Management' is a specialist group of the British Dietetic Association. Known for their professional and clinical training sessions, this year DOM UK is hosting a special one-off event on Obesity, before and after pregnancy. Based on the evidence from the National Institute of Clinical Excellence and popular demand, this event features clinical updates on physical activity, gestational diabetes and bariatric surgery. The conference will be in London on 14<sup>th</sup> September and is open to health professionals working in this area. For more information, please contact: [e.avery@bda.uk.com](mailto:e.avery@bda.uk.com)