**Weight Management within the Care Home**

**Is encouraging weight loss right for your resident?**

It is important to respect the residents informed choices and consider what is important to them

No resident should have their diet restricted against their wishes or without express consent from their Next of Kin/ Power of Attorney

It is important to consider the goals of weight loss and what the benefit would be to the resident

Obesity increases the risk of conditions such as diabetes, heart disease and pressure ulcers.

Changes in body composition can occur with aging that means BMI above normal range of 18.5-25 may not be as detrimental to care home resident’s health as it is for the general population

Residents with obesity and/or diabetes can **still be at risk of malnutrition** and may require nutritional support including fortified diet. Weight/BMI alone shouldn’t be the only factor considered

**What to do if weight management is agreed to be beneficial**

Physical activity should be encouraged wherever possible. See the Care About Physical Activity (CAPA) resources at [www.capa.scot](http://www.capa.scot)

Consider simple ways to reduce calorie intake, such as:

* Use butter/spread, cheese, jam, dressings and peanut butter sparingly
* Opt for low fat dairy choices, for example semi-skimmed milk, low fat yogurts, reduced fat cheese
* Choose low calorie snacks such as fruit, low fat yogurt/mousse, crackers, sugar free jelly
* Offer high fibre foods such as porridge, wholegrain cereals, breads and pulses to help feel the resident feel fuller for longer
* Offer a range of vegetables with meals
* Choose diet fizzy drinks or sugar free diluting juice and try not to add sugar to tea/coffee
* Discuss suitable gifts with visitors, for example rather than chocolates or sweets consider flowers, books, clothes or toiletries

The British Dietetic Association has lots of helpful factsheets

* [www.bda.uk.com/resource/healthy-snacks.html](http://www.bda.uk.com/resource/healthy-snacks.html)
* [www.bda.uk.com/resource/weight-loss.html](http://www.bda.uk.com/resource/weight-loss.html)
* [www.bda.uk.com/resource/food-facts-portion-sizes.html](http://www.bda.uk.com/resource/food-facts-portion-sizes.html)

Consider following the NHS Inform 12 week weight management programme [www.nhsinform.scot/healthy-living/12-week-weight-management-programme](http://www.nhsinform.scot/healthy-living/12-week-weight-management-programme)

**Is further help needed?**

If you feel additional support is required please contact us to discuss referral to the Lothian Weight Management Service

Thank you!   
Prescribing Support Dietetic Team

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