



Department of  
**Health**

An Roinn Sláinte

Mánnystrie O Poustie

[www.health-ni.gov.uk](http://www.health-ni.gov.uk)



Photo credit: World Obesity Federation

**MORE HELP FOR PEOPLE WHO WANT TO  
MANAGE THEIR WEIGHT**



Photo credit: World Obesity Federation

## What's it all about?

The Department of Health is in charge of making sure that people here are as healthy as they can be, which includes being a healthy weight.



We know that being very overweight (we call that living with obesity) can lead to all sorts of serious health problems.



Like, heart problems - problems walking or moving around - diabetes - stroke - cancer.



Living with obesity can also make you feel sad. Sometimes people might treat you differently - they can be unfair and mean.

We know that living with obesity can be as bad for your health as being a smoker all your life! It can even mean that you live for ten years less than other people.



One in five of us in Northern Ireland lives with obesity. It is a big problem and can cost government a lot of money - around £475 million every year.

# What can we do to help?



We know that it can be hard for people here who live with obesity to get help to lose weight - especially if they have a lot of weight to lose.

So, we are considering setting up a new service to help people better manage their weight.

It will have two main parts.

## 1. LOCAL



You can get this help in your local community by talking first to your GP.



If the GP feels you need help, you will be helped by a team of professionals.

As well as doctors and nurses - you will get help from people who can .....

- help you discover why you are overweight - is it because of what you eat? Are you getting enough exercise? Are you sad and eating which makes you feel better for a while? Is there something wrong in your body that needs to be treated?
- help you understand which foods are good for you
- help you take more exercise
- give you medicines that will help
- help you to find good ways to spend your time



They will work together to make a plan, just for you.

If they think the local help is not enough, they may decide that you need extra help from a specialist hospital team.

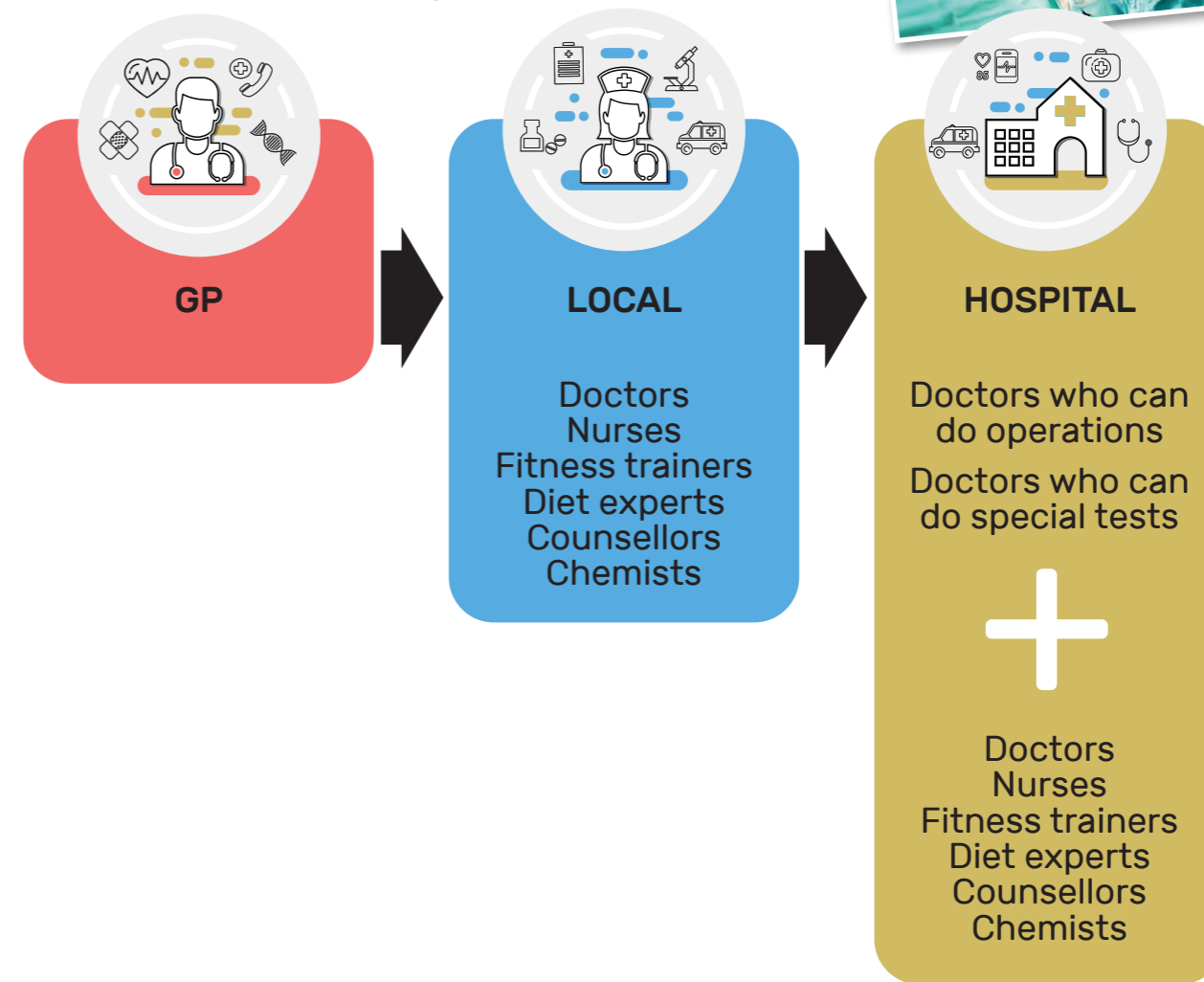


## 2. HOSPITAL

Some people, who live with obesity, might need extra help - from a specialist hospital team.

The help will be like the help you can get locally, but you might also get some specialist medicines and examinations and you might choose to have an operation.

There are operations that can help people lose a lot of weight - they are serious operations and will only be done if you agree.



# When and where?

We would like the Health Minister to approve this service to help people who want to manage their weight. We would like part of the service delivered in the local community. Some parts would have to be delivered in a hospital.

# What next?

## We need your help!

We want to hear what **YOU** think - we will then make final decisions.

### Please tell us ....

1. Do you agree that we should have more services like this?  
 YES /  NO
  
2. Are you happy that, to make sure everything is safe, we begin with just one place to do operations?  
 YES /  NO
  
3. At which hospital should we do the operations?  
 YES /  NO Royal Victoria / Belfast City / Mater  
 YES /  NO Craigavon  
 YES /  NO Daisy Hill  
 YES /  NO Altnagelvin  
 YES /  NO South West Acute  
 YES /  NO Antrim Area  
 YES /  NO Ulster
  
4. Do you agree that we should have the specialist hospital team based in two hospitals?  
 YES /  NO

5. At which **two** hospitals?  
 YES /  NO Royal Victoria / Belfast City / Mater  
 YES /  NO Craigavon  
 YES /  NO Daisy Hill  
 YES /  NO Altnagelvin  
 YES /  NO South West Acute  
 YES /  NO Antrim Area  
 YES /  NO Ulster
  
6. Would you travel to get these services if you needed them?  
 YES /  NO
  
7. Would you attend obesity services on-line or by telephone, instead of face to face?  
 YES /  NO
  
8. Is it best, at first, to provide the new service only to those who need it most?  
 YES /  NO
  
9. Is there anything else you think we should do?  
.....  
.....
  
10. Is there anything else you want to say?  
.....  
.....
  
11. Do you agree that, even though there is not a lot of money, this is a good service to provide?  
 YES /  NO



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**Please send your answers to:**

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Annex 3  
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BT4 3SQ  
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***Thank you for your help!***