

# Chairman's Announcements

<b>Subject:</b>	<b>Healthy Us Weight Management Programme Launch</b>
<b>Web contact:</b>	<a href="https://www.wiltshire.gov.uk/public-health-weight-adults">https://www.wiltshire.gov.uk/public-health-weight-adults</a> .

Following a successful pilot, Wiltshire Council has launched Healthy Us, a group weight management programme on 9 November.

Healthy Us is a free 12 week course open to anyone living in Wiltshire, aged 18 or over, with a BMI of 28 or above. Courses will be held throughout the year and will be delivered virtually over Microsoft Teams. We plan to run face to face group courses across the county when circumstances allow and it is safe to do so. We are now accepting referrals for the virtual courses starting in January 2021.

Cllr Simon Jacobs, Cabinet Member for Public Health said; "The programme is designed to give participants the tools they need to make small but sustainable changes that can be maintained long term, so that participants lose weight and maintain their weight loss.

We are excited to be working with Wiltshire IAPT service who are delivering two sessions during each course looking at emotional eating and wellbeing."

Each interactive session is one hour and covers topics such as balanced nutrition, portion sizes, eating out, physical activity and healthy habits for life. Participants will be supported to eat well, move more and feel better.

Healthy Us is one of three services that form the recently launched Wiltshire Health Improvement Hub, a single point of access for referrals to the Health Improvement coaches (adult health and mental wellbeing service), Healthy Me (child and family weight management service), and Healthy Us.

More information about the Healthy Us and how to calculate your BMI can be found on our website at <https://www.wiltshire.gov.uk/public-health-weight-adults>.

Alternatively, to join a course people can email the Health Improvement Hub [health.coaches@wiltshire.gov.uk](mailto:health.coaches@wiltshire.gov.uk) or call 0300 003 4566 – select option 1.