

Behavioural Support for Obesity Prescribing programme

Referrer information sheet

Who's eligible?

- Aged over 18
- Prescribed tirzepatide (Mounjaro®)
- BMI of at least 40 (reduced to 37.5 for people from South Asian, Chinese, other Asian, Middle Eastern, Black African or African-Caribbean ethnic backgrounds)
- Four or more of the following comorbidities:
 - Dyslipidemia
 - Hypertension
 - Cardiovascular disease
 - Obstructive sleep apnoea
 - Type 2 diabetes

What is covered in the Behavioural Support for Obesity Prescribing programme?

This programme provides structured, support alongside tirzepatide treatment.

Key areas include:

- Integrating medication with behavioural change, to support long-term weight management.
- Nutritional guidance focused on appetite regulation, balanced eating, and sustainable meal planning.
- Physical activity support, including resistance training and movement adaptations for those with limited mobility.
- Sleep and stress management to address common barriers to weight loss and overall wellbeing.
- Goal setting that includes both weight-related and non-scale outcomes for a holistic view of progress.

Skills developed

Throughout the programme, patients will build practical skills to support long-term lifestyle change, including:

- Making enjoyable, sustainable changes to their diet without restrictive eating.
- Developing healthy habits that are realistic and maintainable.
- Managing stress to reduce its physiological impact on health.
- Improving sleep quality to support energy, mood and weight management.
- Finding and maintaining physical activity that suits their preferences and physical abilities.
- Building confidence and autonomy in managing their health beyond the programme.

How to refer

To refer an individual to the Behavioural Support for Obesity Prescribing programme, please ensure they meet the eligibility criteria. Once confirmed, complete the referral form and submit it to the email address listed on the form.

For any questions or further assistance, feel free to contact us via the same email address.

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