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| **Actions** | **Number of patients**  | **Total** |
| Patients approached by trained member of the pharmacy team to discuss the benefits of achieving a healthy BMI, weight management or assist a person who would like support with their weight. |  |  |
| **Outcomes** |  |
| 1. The patient agreed to discuss their weight with a member of pharmacy staff;
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| 1. The patient declined to discuss their weight with a member of pharmacy staff (no further data needs to be recorded)
 |  |  |
| 1. The patient could not be contacted (no further data needs to be recorded).
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| **Support with measurements** |  |
| 1. The patient has been advised on the purpose of measuring BMI and waist circumference.
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| 1. The patient has been shown how to self-measure and calculate their BMI.
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| 1. The patient has been shownhow to self- measure their waist circumference.
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| **Signposting**  |  |
| 1. The patient was provided with a list of support materials/tools they could use such as [One You](https://www.nhs.uk/oneyou/) and [Change4Life](https://www.nhs.uk/change4life), available on the NHS website.
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| 1. The patient was referred a list of local support or physical activity groups.
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