

## Weight Management - Data Collection Sheet

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.		
<b>Outcomes</b>		
1. The patient agreed to discuss their weight with a member of pharmacy staff;		
2. The patient declined to discuss their weight with a member of pharmacy staff (no further data needs to be recorded)		
3. The patient could not be contacted (no further data needs to be recorded).		
<b>Support with measurements</b>		
1. The patient has been advised on the purpose of measuring BMI and waist circumference.		
2. The patient has been shown how to self-measure and calculate their BMI.		
3. The patient has been shown how to self- measure their waist circumference.		
<b>Signposting</b>		
1. The patient was provided with a list of support materials/tools they could use such as <a href="#">One You</a> and <a href="#">Change4Life</a> , available on the NHS website.		
2. The patient was referred a list of local support or physical activity groups.		

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