

NEW Tailored Adult Weight Management Programmes for Patients

Free weight management programmes, provided on behalf of Birmingham City Council, are now live. Programmes are tailored to individual sub-groups catering for BMIs of >25kg/m² or >23kg/m² for those of a Black or Asian ethnicity.

The following tier 2 weight management services are available **now**.

Patients can self-refer by accessing our website - <https://www.birmingham.gov.uk/adultweight>

Who for?	What does it involve?	How to enrol?
Anyone	A mobile/internet application <ul style="list-style-type: none"> • 12-week programme • Weekly content 	Provided by Solutions4Health ShapeUp4Life - Apps on Google Play ShapeUp4Life on the App Store (apple.com)
Adults with visual impairment	One-to-one services and small group sessions to help people make healthy changes and lose weight. Support is available online, on the phone and limited in-person appointments. The programme is being co-designed with local people, carers and professionals to facilitate appropriate support	Weight Management Support for people with Visual Impairments in Birmingham (beezeebodies.com)
Adults who are physically impaired		Weight Management Support for people with Physical Impairments in Birmingham (beezeebodies.com)
Adults with learning disabilities		Weight Management Support for people with Learning Disabilities in Birmingham (beezeebodies.com)
Older adults (Aged 55 years +)		BirminghamWM (momentanewcastle.com)
Adults from a South Asian origin		
Adults from a Polish/Eastern European origin		
Adults in North Birmingham with an interest in Football	A football orientated weight-loss programme	
Adults in Central Birmingham with an interest in Cricket	A cricket orientated weight loss programme	
Adults in South Birmingham with an interest in Football	A football orientated weight loss programme	
Adults of a Black African/Caribbean origin	A virtual or in-person 12-week weight-loss programme	WW Health Solutions Birmingham Weight Loss Programme WW UK (weightwatchers.com)
Adults of a Chinese/Vietnamese origin		

Thank you for all your commitments to support people to live healthier, happier lives.