

### What is Healthy Helpings (HH)?

HH is NHS Grampian's free, evidence-based group weight management programme, offering advice on healthy eating and lifestyle, and the best ways to change behaviour.

- Each programme runs for one hour every week, for 8 weeks.
- Average group size is 8 - 10 people

### Who is HH for?

For adults aged 18 or older who:

- have a BMI greater than 25
- are **motivated** to tackle their weight

Overweight pregnant women can also attend (no portion restriction advice is given).

### Who delivers HH?

HH is delivered by trained HH Support Workers who are supported by the Community Dietetic Departments.

### How do patients enrol?

Self-referral is encouraged. In 2013/14, 95% (n=809) of those who attended self-referred

**Call 01224 555522 for more information or to register for a place.**

### When and where does HH run?

Programmes run morning, afternoon and early evenings in various venues/ locations throughout Aberdeen City and Aberdeenshire. In Moray the programme is delivered in the Glassgreen Centre in Elgin.

### No classes in your area?

We are able to run HH classes:

- where there is a demand (we need at least 8 people for a group to run).
- if there is a room suitable and no room hire fee.

**If you are interested in a class running in your local area please contact us.**

### Posters and Leaflets are available for signposting.



### How successful is HH?

In 2013/14:

- 869 people throughout Grampian took part in a HH programme
- 79% (n= 679) attended 5 or more of the 8 sessions
- Average weight loss per person (of those losing weight) was 3.0kg

### What participants said about Healthy Helpings in 2013/14

**"Excellent class, would thoroughly recommend this to others!"**

**"10/10. A fantastic course which met all my needs. This is an essential approach in the world of fads and bad practice!"**

**"I found this course to be informative, helpful and realistic – I now feel much more positive and confident that I can lose more weight and reach my targets."**

**"I feel this course has helped me more than any of the other slimming classes I have attended."**

### For more information contact:

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or go to:

[www.hi-netgrampian.org/healthyweightgrampian](http://www.hi-netgrampian.org/healthyweightgrampian)