

Adult Weight Management Programme



Team members:

- * Dr Justina Wu, *Consultant Endocrinologist*
- * Jill McClymont, *Coordinator/Dietitian*
- * Bryan Gibbison, *Clinical Nurse Specialist*
- * Jewels Stowers, *Clerical Support*
- * Teresa Te Tamaki, *Physiotherapist*
- * Victoria Grant, *Physiotherapist*
- * Dr Wendy Tuck, *Clinical Psychologist*
- * Nicky Totman, *Dietitian*
- * *Medical Registrar*

Introducing the Adult Weight Management Programme

The goals of the Adult Weight Management Programme

- ◆ To help people with type 2 diabetes lose at least 10% of their weight and keep it off in the long term.
- ◆ To help people improve their physical and emotional well being and quality of life, as a result of the weight loss they achieve on the programme.

Contact details:

Based at: Diabetes Clinic,
26 Clarence Street
Hamilton

Postal Address: Diabetes Clinic
Waikato Hospital
Private Bag 3200
Hamilton

Phone: (07) 859 9180
Fax: (07) 838 3788

For appointment enquiries, cancellations or changes please contact Julia Stowers

Weight Loss - it's a journey



Waikato Regional Diabetes Service
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What is the Adult Weight Management Programme?

- ◆ It is a weight loss and maintenance programme for people between the ages of 18 and 60, who have been recently diagnosed with type 2 diabetes (diagnosed within the last 5 years).
- ◆ It is an intensive 6 month programme, with additional medical reviews at 1 and 2 years.
- ◆ It has a group based education programme, with 10-14 people starting the programme together and providing each other with encouragement and support.
- ◆ It covers all the areas important for weight loss and maintenance:

Nutrition

Behaviour Change

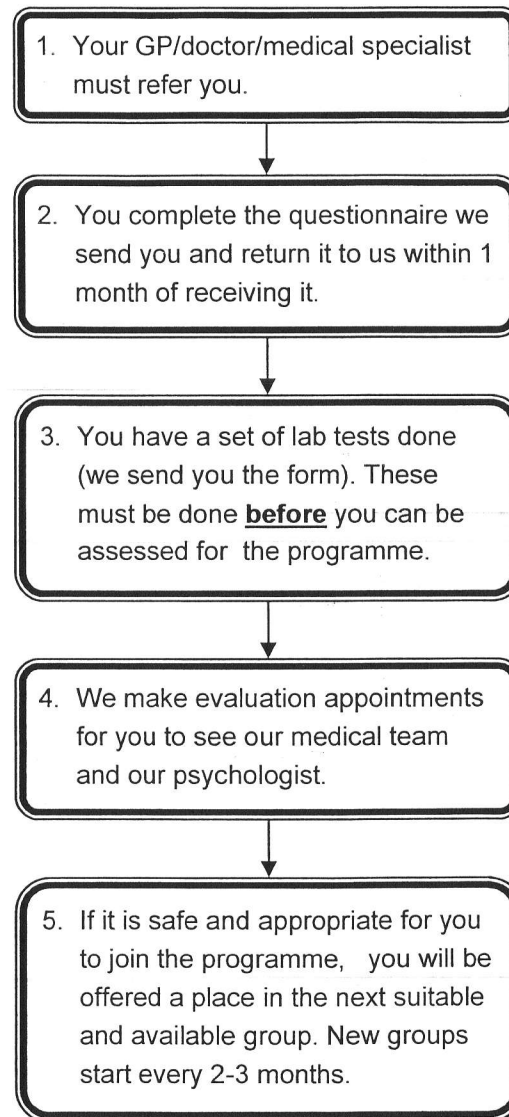
Activity

Health and Diabetes Education

Weight Loss - it's a journey



How do I get into the Adult Weight Management Programme?



Weight Loss - it's a journey



Frequently asked questions

- ◆ How long does it take from the time my Doctor sends a referral to the time I can start in a group?
Because of a high demand for places on the programme, it can take up to 6 months, sometimes longer, to be fully assessed and assigned a place in a new group. Waiting times are shorter when people return questionnaires promptly, get lab tests done quickly and turn up to their appointments. Your GP will continue to look after you during this time.
- ◆ How much time do sessions and appointments take?
Sessions and appointments can take 1-2 hours
- ◆ How much does it cost?
It is free to come to appointments and education sessions.
- ◆ Does everyone referred to the programme get in?
No, sometimes it is not medically safe for people to start on the programme or it becomes clear that they are not ready to start losing weight.
- ◆ How is this different to other programmes I have tried?
The programme introduces you to new ways of understanding your weight problem; and is delivered using innovative adult teaching strategies - so it's fun!

Weight Loss - it's a journey

