



Healthier Futures

Creating a healthier future

Healthier Futures is a free lifestyle change programme, led by a team of experts to support patients to make positive changes for a healthier future across a number of areas.

About the programme

Our **Healthier Lifestyles programme** takes a well-rounded approach to help individuals kick start their weight loss journey over a period of 12-weeks. As well as learning practical information there will be opportunities to take part in physical activity sessions as part of the programme.

Who's eligible?

Individuals are eligible for the programme if they are:

- An East Riding resident or have a GP in East Riding
- Aged 18 and over
- BMI of 25+ for White residents or 23+ for residents of Black and Asian heritage

Gender specific groups are also available.

Exclusion criteria: anyone with an active eating disorder

How to refer

You can refer a patient by visiting our website www.healthier-futures.co.uk and completing the referral details, upon receiving these we will contact your patient within 2-5 working days to complete their holistic assessment.

Programme Structure

The topics covered on the programme are:

1. Understanding the positive health impact of weight loss and the role of health behaviours in weight management
2. Exploring energy balance, macronutrients and portion sizes
3. Understanding the guidelines for physical activity and breaking down barriers
4. The role of different nutrients and fluid requirements
5. Fine-tuning your food – exploring the impact of added sugars, salt and alcohol within the diet
6. Building healthy habits and understanding the impact of our environment
7. Your food toolkit – tips for planning, shopping and understanding food labels
8. Considering the health impacts of stress and introducing healthy coping strategies
9. Staying motivated with your physical activity and creating a long term plan
10. Thoughts, building emotional awareness and understanding different hunger cues.
11. Exploring sleep requirements and the impact of poor sleep routines; building coping strategies
12. Planning for the future, self monitoring and staying on track