A quick overview of the latest guidance and evidence on current issues such as smoking, sexual health, health inequalities, mental health, obesity, substance abuse, women’s health – in fact anything that you ask for!

If you have a topic suggestion, please email it to Rachel Posaner.

**Department of Health**
- Best practice guidance for weight management services
- Commissioning of public health services for children

**Public Health England**
- PHE launch weight management economic assessment tool
- Men need humour and camaraderie to lose weight
- National child measurement programme: practice examples

**NICE**
- Managing overweight and obesity in adults – lifestyle weight management services
- Lighten Up, Adult Weight Management Programme (local practice: Birmingham)
- EduFit UK Enhancement Programme (local practice: Leicester)

**BMA**
- Obesity tool no replacement for expertise

**Royal Society for Public Health**
- The RSPH guide to commissioning for health improvement

**HMIC**
- 'You need a support. When you don't have that . . . chocolate looks real good': barriers to and facilitators of behavioural changes among participants of a Healthy Living Program. (Ann Russell, H. et al, Family Practice 2013; 30 (4): 452-458 (August 2013))
- Associations between access to farmers’ markets and supermarkets, shopping patterns, fruit and vegetable consumption and health indicators among women of reproductive age in eastern North Carolina, USA. (Jilcott Pitts, S. B., Public Health Nutrition, Vol. 16, no. 11, Nov 2013, p 1944-1952)
- Follow-up study of an integrated weight management and fitness programme. (Cormac, I., Mental Health Review Journal, Vol. 18, no. 1, 2013, p 14-20)
- Options on obesity. (Dean, E., Nursing Standard, Vol. 27, no. 48, Jul 31 2013, p 22-23)
Royal College of Surgeons
Commissioning guide: Weight assessment and management clinics

Royal College of Physicians
Action on obesity: comprehensive care for all

NHS England
Joint report on commissioning obesity services published
Health Visitors are helping to tackle child obesity – Vicki Watson

NHS Choices
Lose weight
BMI healthy weight calculator

Local NHS initiatives
Staffordshire and Stoke on Trent
Leeds
Birmingham
Wirral
Sheffield
Glasgow

National Voices
Promoting prevention: summarising evidence from systematic reviews

The King's Fund
Improving the public's health. A resource for local authorities

Changes in eating, physical activity and related behaviors in a primary care-based weight loss intervention.

Google Scholar
The effectiveness of local child weight management programmes: an audit study
Deprivation, clubs and drugs: results of a UK regional population-based cross-sectional study of weight management strategies
Community pharmacy interventions for public health priorities: protocol for a systematic review of community pharmacy-delivered smoking, alcohol and weight management interventions
Effectiveness of a community pharmacy weight management programme
A qualitative evaluation of an NHS Weight Management Programme for obese patients in Liverpool
A comparison of the provision of the My Choice Weight Management Programme via general practitioner practices and community pharmacies in the United Kingdom
An evaluation of the adult weight management programme-"Weight no more"
Which weight-loss programmes are as effective as Weight Watchers®?

The Conversation
The science behind weight loss (series of 10 articles)

In the news
NHS to send obese patients to Weight Watchers in trial
Commercial schemes are key to weight loss success, study finds
Fighting fit: taking on the UK’s obesity crisis

BMJ
Commercial weight loss programmes more effective than NHS based services
Outcomes of a specialist weight management programme in the UK National Health Service: prospective study of 1838 patients