

*Dear Reader,*

Welcome to our new-look spring newsletter.

Obesity is definitely the issue of the moment and with all the coverage in the national press it's easy to get confused about what is being done to tackle the problem.

In our newsletter we want not only to tell you the exciting things we've been doing, but to provide you with a quick digest of the latest news in obesity research and policy (**Research Round-up, News Round-up**), and to bring you closer to the obesity experts with **interviews** and **features** (p6).

Please get in touch with us and let us know how we're doing - our contact details are at

the bottom of each page.

The last few months have been a really busy time for Weight Concern. The recent launch of the **Big Panel** (p1) has been a major highlight for the charity and promises to tell us more than ever before about how to lose weight and keep it off.

We have also worked with Cancer Research UK to create the **Ten Top Tips** (p3): scientifically-based guidelines to help people make sustainable lifestyle changes that will help them lose weight and lower their risk of cancer.

Meanwhile we have been advising the Department of Health about how to **raise the issue** of overweight in primary care (p5), and engaging with the **FSA** and **NICE** on

important obesity policy issues (p2,p4).

We continue to run our childhood obesity treatment trial and to train health professionals all over the country in obesity management.

And we have welcomed two new members to our team - **Nilani Sritharan**, a qualified nutritionist with PR expertise, and **Claire Willis** (p7), a trainee health psychologist specialising in obesity management.

We thank you all for your support and hope you enjoy hearing our news.

Best wishes,



Susan Carnell (Newsletter Editor)

## REVEALING THE SECRETS BEHIND LASTING WEIGHT LOSS

### Weight Concern launches the Big Panel

Britons spend an amazing £4.6b annually on diet products. At any one time 12.8 million of us are on a diet, but only 1 in 5 people will lose weight. Half actually put on more weight while dieting.

With so many people struggling to diet, it is clear there is an urgent need for weight-loss guidelines that people can follow as part of their everyday lives in the confidence that they will see lasting results.

Weight Concern is taking practical action to shed more light on the subject by launching the **Big Panel**, the country's biggest ever weight loss study to take place outside a hospital setting.

#### Asking the experts

10,000 overweight or formerly overweight adults are being recruited for the web-based research project, which hopes to uncover the secrets behind long-term weight loss.

The Big Panel will help Weight Concern provide definitive advice to the nation's yo-yo dieters on how best to lose weight and, most importantly, how to keep it off.

"Science has given us insights into the effectiveness of weight loss programmes run by hospitals and clinics," explains Professor Jane Wardle, clinical psychologist and Weight Concern founder. "But the Big Panel breaks new ground because it will investigate what works and

what doesn't for real people in the real world.

Only one in ten overweight dieters gets advice from a health professional. 8 out of 10 follow their own diet.

We want to find out what they are doing and what works for whom."

Susan Jebb, Head of Obesity Research at the Medical Research Council Human Nutrition Research Centre, was delighted at news of the Big Panel.

"Today's society bombards us with mixed messages about effective dieting strategies," she comments.

"Systematic research on successful weight loss strategies outside the clinic is long overdue. The Big Panel will provide us with just the sort of first-hand evidence on which we can build advice to help others succeed."

#### Worth the weight?

The first mission for the Big Panel is to examine a topic close to all dieters' hearts: stepping on the weighing scales. Does it



**Big and Beautiful:** With a knowing wink to Dove's 'Real Women' campaign, Weight Concern produced this stunning photograph for use in the Big Panel launch (9 March 2006). Everyone at the charity was thrilled at the results. "We really couldn't have asked for it to turn out any better," said Caroline Swain, Weight Concern's Executive Director. "Our models were utter naturals and it was almost impossible to choose a photo for the campaign as they were all so good! We would like to send them all a big thank you from everyone at Weight Concern."

help people to control their weight, or merely make them obsessed with watching their weight rise and fall?

Big Panel members will tell us how often they weigh themselves, and Weight Concern will track their weight and body image over the next 3 months. From this data we hope to see whether weighing helps or hinders, whether it is more useful for some than others, and how frequently measurements should be taken.

The Big Panel is open to anyone who has experience of being overweight either currently or in the past. It is free to join - simply click on the Big Panel button on the Weight Concern website (address at bottom of page).

## GREEN FOR GO? Weighing in to the debate on nutritional traffic lights

Have you ever scrutinised a food packet and come away none the wiser about whether you made a healthy choice? If so, you are not alone.

To make things easier for baffled consumers everywhere, the Food Standards Agency has been working closely with nutritionists and manufacturers to develop a set of 'traffic lights' which will appear on the front and back of all ready meals, breakfast cereals, pizzas, sandwiches and meat products e.g. sausages, pies etc.

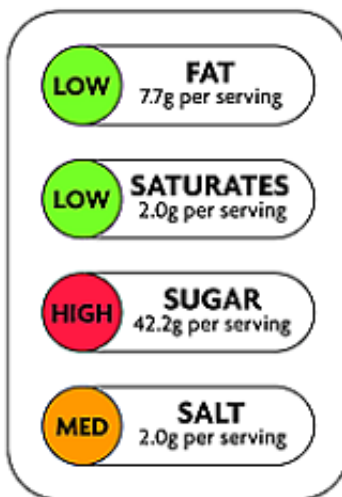
The red, amber and green coding will help shoppers to see whether a food is a high, medium or low source of key nutrients such as fat, sugar and salt.

### Weight Concern reacts

In a formal response, Weight Concern strongly endorsed the FSA's efforts, but highlighted the need for further initiatives to help shoppers learn how to interpret and use food labels.

Nilani Sritharan, Weight Concern nutritionist, also emphasised the importance of evaluating the impact of labelling.

"It is essential that we find out whether adding this information to food packaging does actually improve people's diets and change their shopping habits.



FRONT



BACK

Go, stop or proceed with caution: An example of the traffic light labelling proposed by the FSA

If not, we need to consider other possibilities, some of which may be even less palatable to the food industry."

### Crossing the line

However, since issuing these statements, Weight Concern was once again compelled to speak out, this time against attempts by food manufacturers to pre-empt the FSA guidelines.

Just one day before the FSA guidance consultation period ended, Kraft, Danone, Kelloggs, Nestle and PepsiCo announced they will be introducing their own versions of the traffic lights.

"This is a cynical move which will undoubtedly make it harder for consumers to compare one product to another and select the healthiest one," said Weight Concern's Executive Director, Caroline Swain.

"We are shocked and dismayed that these major companies have chosen to undermine the FSA in this way, and we call for all other manufacturers to stick together and adopt the FSA scheme."



## Shape-Up Shapes Up

We are very proud and excited to announce the new arrival of 'Shape-Up - A self-help guide to managing your weight'.

Over the past two years Weight Concern staff and the specialist scientific advisory team have been working hard to produce a revised, shorter version of the Shape-Up workbook ('A lifestyle programme to manage your weight').

The new Shape-Up guide is tailored for

use within Shape-Up Groups in the community being delivered by health professionals, although it can still be used as a self-help guide on an individual basis.

The revised guide includes a range of updated sections: 'Getting ready to shape up', 'The Shape-Up healthy eating plan', 'Getting more active', 'Shopping, cooking and eating out' and 'Keeping going'.



Ship-Shape: New slim-line Shape-Up (right) is now available to purchase on our website (£19.95 plus postage and packaging) and we hope it will soon be available in Cancer Research UK shops.

To order a copy, or for details of our Shape-Up Groups Facilitator Training, please visit our website [www.weightconcern.org.uk](http://www.weightconcern.org.uk). The next training will be held at University College London on 24th May 2006.

## NEWS ROUND-UP

### JUNK FOOD BAN IN SCHOOLS

The School Food Trust, an independent commission set up in the wake of Jamie Oliver's crusade to improve the food children eat in school, has recommended that schools should be banned from selling junk food through vending machines, tuck shops and school cafeterias.

"Research tells us that children are simply not able to make sensible food choices when junk food alternatives are available", said Weight Concern co-founder, Professor Jane Wardle.

"Limiting junk food availability is therefore an excellent way to improve children's diets."

However, Weight Concern stressed that this move will not solve childhood obesity in itself: parents need information and support to ensure a healthy lifestyle at home.

And this will require a wealth of societal changes in the way the UK approaches healthy eating and physical activity.

# CHANGING THE HABITS OF A LIFETIME Weight Concern's Ten Top Tips for Weight Control

Human beings are creatures of habit, and these habits can be good... or not so good. For example, we may be in the habit of eating an apple for our mid-morning snack. But we may also have a tendency to eat crisps while we watch television, or take the lift instead of the stairs.

Imagine what a difference we could make if we binned a few of our unhealthy habits and replaced them with healthy ones instead.

## Developing healthy habits

In a joint project with Cancer Research UK (CRUK), Weight Concern has been busily developing the Ten Top Tips: ten simple, practical habits that can be incorporated into daily life to make a real difference to health.

The collaboration between Weight Concern and the UK's largest cancer charity forms part of CRUK's Reduce the Risk campaign, and is designed to raise awareness that losing weight is one of the most effective things we can do to reduce our risk of cancer.

The Ten Top Tips are now available in a free consumer information leaflet, which can be downloaded or ordered from

[www.reducetherisk.org.uk](http://www.reducetherisk.org.uk).

Everything in the Ten Top Tips campaign is based on the latest research in nutrition, exercise and psychology. For example, the leaflet includes a tick sheet to help individuals track their progress, because monitoring tools like this have been scientifically proven to support lasting behaviour change.

Readers who are interested can read about this and the other scientific evidence used to develop the tips on the Weight Concern website.



A different kind of spin - Alison Chipperfield advises MPs on healthy lifestyles using CRUK's Wheel of Life.



Springing off the shelves: To get your own copy of the Ten Top Tips, call 020 7242 0200 or visit [www.reducetherisk.org.uk](http://www.reducetherisk.org.uk) for more information.

## Healthy weight loss for all

The Ten Top Tips are designed to offer men and women of all ages a safe, simple way to regain control of their weight.

Weight Concern and CRUK are eager for everyone to be able to use the tips, so GP surgeries, retail pharmacies, local authority leisure centres and swimming pools, and health promotion units across the UK will receive boxes of leaflets to distribute to customers and clients.

Health professionals can order the leaflet in bulk via the professional area of the Reduce the Risk website, or by calling CRUK on 020 7242 0200.

Weight Concern is currently investigating exactly how much weight loss can be achieved by sticking to the tips, and results from this study will be published later this year.

## Starting at the top

The Ten Top Tips were launched at the beginning of the year to a flurry of interest from the media, and from more unexpected quarters.

On 25th January, Weight Concern nutritionist and physical activity expert Alison

Chipperfield spent the day advising MPs and Westminster staff at CRUK's 'Reduce the Risk' event in the Houses of Parliament.

An unprecedented 115 MPs turned up to lend their support to the campaign, including Jonathan Djanogly, MP for Huntingdon.

"Half of all cancers could be prevented by lifestyle changes so it is in our own interests that we each do all we can to reduce our risk," he said. "The Ten Top Tips programme is a great way to lose weight and keep it off."

Alison was surprised but delighted to see how interested MPs were in finding out about cancer prevention and the importance of maintaining a healthy weight.

"Hopefully this means we can count on their enthusiasm for other action to prevent cancer and obesity," said an exhausted Alison after her five hour stint.

"And it's wonderful to have such enthusiastic support for the Ten Top Tips, which can really help people lose weight and reduce their cancer risk."



Jonathan Djanogly

## RESEARCH ROUND-UP

### CUT OUT SUGARY DRINKS TO REDUCE OBESITY

In March, medical journal *Pediatrics* reported encouraging results from a pilot study to reduce soft drink intake among teenagers.

Around 100 13-18 year olds were randomised to either a 'control' or 'intervention' group.

The intervention group received home deliveries of low calorie drinks (e.g. water, diet cola) for 25 weeks, and were taught how to select low calorie options when eating out.

The control group was simply told to drink what they normally would.

The research team, from Massachusetts in the USA, were thrilled to find the intervention group drank 82% less after the study than before the study began, whereas the control group's intake was unchanged.

There was also some evidence that the intervention led to significant weight loss, especially for those who were overweight to begin with.

These results are the first to demonstrate the impact that even a relatively small, short-term environmental change can have on weight.

Scientists are eagerly awaiting results from larger trials, which can be used as ammunition to drive important policy changes in the USA and elsewhere.

Source: Effects of decreasing sugar-sweetened beverage consumption on body weight in adolescents: A randomized, controlled pilot study. Ebbeling CB, Feldman HA, Osganian SK, Chomitz VR, Ellenbogen SJ & Ludwig DS. *Pediatrics*,2006;117(3):673-80

## CHILDHOOD OVERWEIGHT

### Does telling parents help?

We know that less than 6% of parents of overweight children in the UK are aware that their children are overweight\*.

This is potentially worrying, because if parents do not know their children are overweight, they are less likely to seek help or to support healthy lifestyle changes.

New government policies, such as the introduction of BMI screening and Child Health Records, look set to increase parents' awareness of how their child's weight compares to that of others of his or her age and sex.

But is this helpful? Or will it simply cause unnecessary worry, and encourage parents to put children on unsuitable diets?

Weight Concern hopes to find out with new funding obtained from the British Heart Foundation.

In collaboration with school nurses, teachers, and other experts, a research team from Weight Concern will start a pilot study in June to find out the effects of giving parents of primary school children feedback on their children's weight.

We would love to hear your ideas about this topic, so please write in and tell us what you think. And look out for a progress report in the next newsletter.

\*Source: Parental perceptions of overweight in 3-5 y olds. Carnell S, Edwards C, Croker H, Boniface D & Wardle J. *International Journal of Obesity*,2005; 29:353-355

## NICE and Physical

Here at Weight Concern we are fortunate to have access to a range of obesity experts including dietitians, psychologists, medics and specialist researchers.

So we are always glad to help governmental and non-governmental organisations seeking advice about obesity treatment and prevention.

Currently, we are helping the National Institute of Clinical Excellence (NICE) to refine evidence-based public health intervention guidance on physical activity.

These guidelines could be rolled out on a national level by the Department of Health, and therefore have the potential to make a significant impact on population health.

The guidelines focus on four promising ways to improve health through activity:

- 1) Cycling and walking schemes in the community
- 2) Using pedometers to monitor steps taken each day
- 3) 'Prescribing' exercise sessions, free of cost
- 4) Running short-term physical activity interventions or 'clubs' in primary care

Weight Concern is helping to evaluate existing evidence for the success of these strategies, and highlighting areas that would benefit from further research.

According to Dr Michael Ussher, Weight Concern's specialist adviser on physical activity, getting the population moving presents a variety of unique challenges

which NICE would do well to consider.

"One thing we really need to know is exactly what it is that stops some people from participating in physical activity interventions.

And another important issue is the need for tailored programmes.

For example, an obese person with cardiovascular disease will require a very different programme and degree of support than a lean, healthy individual."



**National Institute for  
Health and Clinical Excellence**



Please support us! Weight Concern has limited sources of regular income and warmly welcomes donations, however small. If you would like to donate, please send cheques, payable to Weight Concern, to the address below.

## RESEARCH ROUND-UP

### NEW EVIDENCE AGAINST THE ATKINS DIET

A case-report in the Lancet this March provided long-awaited evidence that the Atkins diet poses risks to health.

Doctors in New York reported admitting a 40 year old obese woman to hospital with ketoacidosis: a life-threatening condition caused by lack of insulin.

She had strictly followed the Atkins rules, slashing carbohydrate intake, boosting protein intake, and taking the recommended vitamin supplements.

Although health professionals have long expressed concerns about the safety of low carbohydrate diets, large trials have failed to find any negative effects, probably because they have not followed dieters for long enough after starting on Atkins.

The emergence of this worrying case study promises to re-open this important debate.

Source: A life-threatening complication of the Atkins diet. Chen T-Y, Dmuth W, Rosenstock JL, Lessnau K-D. The Lancet, 2006;367:958

## NEWS ROUND-UP

### JUNK FOOD PROFITS IN FREEFALL

Britvic, Britain's second largest soft drinks company, reported record decreases in profits in March, following a huge post-Christmas drop in fizzy drink sales.

This news came a day after McDonalds announced the closure of 25 fast food restaurants, blaming stiff competition from sandwich and coffee shops such as Pret a Manger and Starbucks.

Weight Concern is optimistic that these developments could signify an overall shake-up for the food industry, which is now being forced to provide healthy alternatives by consumer power.

## NEWS ROUND-UP

### SCOTLAND'S SOARING CHILDHOOD OBESITY RATES

Scotland has now overtaken the USA in childhood obesity rates, according to data from the Information Statistics Division released in December 2005.

One in five Scottish 11-12 year olds were obese, and over a third were overweight when measured in

the last school year.

This compares to an obesity rate of 1 in 6 in the USA, and 1 in 20 in Britain as a whole.

These figures emphasise the pressing need for public health action to reduce obesity across the UK.

## RAISING THE ISSUE

### Helping GPs to talk about weight

Research shows that the majority of health professionals are reluctant to raise the topic of body weight with their patients.

Yet we know from other studies that patients are extremely responsive to advice from health professionals, and may become much more motivated to lose weight if encouraged to do so by their GP or nurse.

In order to harness the powerful potential of health professionals in engaging people in weight control, the Department of Health recently commissioned Weight Concern to develop a new tool to help GPs discuss their patients' weight problems in a sensitive manner.

The idea behind the tool is to support the delivery of a more effective, evidence-based care pathway for children and adults who are obese or seriously overweight.

As part of this project, Nilani Sritharan, Weight Concern nutritionist, sought the opinions of 114 GPs across London to find out what they were already doing

to help tackle the nation's obesity problem.

Survey results showed that GPs tended to discuss weight only in very overweight patients who were visiting them because their weight was affecting their health.

They were reluctant to mention it in other cases for fear of being thought insulting or discriminatory.

Using this information, together with insights from other studies, we have developed and tested a brief set of straightforward, evidence-based questions which GPs and nurses can use to help them raise the issue of weight not only with overweight adults, but also with parents with overweight children, and anyone who is concerned about weight.

The Raising the Issue pack also contains brief information about the importance of tackling obesity in primary care, how to assess the patient's needs, and the latest evidence on weight management.

The new tool was put out for consultation in December and valuable input flooded back from over 50 organisations. Look out for the final version in your local GP surgery this year.



Nilani Sritharan



### How did you end up in obesity research?

Well, I started my career as a clinical psychologist at the Maudsley hospital in the mid to late 1970s. It was a really exciting time because a new disorder had just been discovered: bulimia nervosa.

I was very involved in treating people with bulimia and it soon became clear that many sufferers had something in common - they had been trying very hard to restrict their food intake, but had ultimately failed.

This got psychologists thinking - what if dieting was somehow causing bingeing and weight gain? This would have implications for thousands of people who were dieting to lose weight, and a substantial number of these would currently be overweight. What could the effect of dieting be on them?

I became fascinated by how to translate these new findings into obesity research, and as soon as I started working on this area I realised it was what I really wanted to do.

### Some people say obesity is simply caused by eating too much and exercising too little. Do you think this is over-simplistic?

The most over-simplistic thing about that statement is the use of the word 'simply'. We are not physically able to count every calorie in and out and to modify our behaviour based on a precise calculation of energy needs. If we were, then no-one would be obese.

In fact, the modern environment makes it more difficult than ever to estimate our energy intake. We are surrounded by huge ranges of delicious and enticing foods, and many of them don't taste nearly as calorific as they really are.

How much energy we spend on activity and ingest through food is actually determined by a number of subtle, complex, biologically controlled processes, which can be easily 'fooled' by environmental factors, and seem to differ radically between individuals.

For example, some people are pretty good at switching off their intake when they are full, whereas others just don't get that signal coming through.

Likewise, some people are better at expending energy, for example, by being very fidgety and waving their hands around while they talk.

So in the final analysis you could say yes, it's a simple problem of eating too much and exercising too little. But the process by which this happens is far from simple and we have much to learn.

### Why do you think we have seen such an unparalleled increase in obesity over the last twenty years?

Some people summarise this as: stone age genes in a modern environment. I think we

have to look to human beings' evolutionary history for the answer.

It used to be the case that mechanisms to eat as much and as often as possible were by far the most useful and prominent in the species.

## FEATURE: Engaging with the Experts

**Professor Jane Wardle is the Director of the Cancer Research UK Health Behaviour Unit at University College London, and a co-founder of our charity.**

**We asked Professor Wardle to tell us her views on the obesity epidemic, and how she sees research progressing over the next few years.**



Professor Jane Wardle

In contrast, there wasn't much need for mechanisms to avoid excessive eating, which was most likely to be followed by a period of famine anyhow, so everything would equal out.

In wealthy western countries we have now eliminated famines and food shortages, and we've replaced them with an environment which provides constant access to highly attractive foods that we are evolutionarily disposed to eat to excess.

So that seems to me a plausible explanation of modern obesity, at least in broad terms. In terms of specific environmental changes, we are yet to finger the major culprits, but we are building up quite a string of suspects!

### What practical impact does research have on obesity?

Well I think that nutritional research has made some really interesting contributions to weight control.

For example, it was a nutritional observation that lower fat, less energy dense diets resulted in lower food intakes and therefore helped to control weight. I don't think people would have come to that one off the top of their heads.

And you could say the same about some other ideas.

The Atkins diet has a lot of problems with it but the idea that a higher protein content to the diet could help control appetite and improve intake regulation is a good one.

And research in behaviour therapy has been very important in ensuring that people aren't just told what they should be eating, but how they can change their behaviour.

Lots of the research we're now conducting to examine the role of genetic factors will also be important in terms of taking away some of the stigma, personal responsibility and unhappiness associated with overweight. I could go on forever!

But I think we do have to go much further in the future in thinking 'translationally'. In cancer research everyone is trained to ask how we can translate basic research findings into health and care improvements. Weight Concern is extremely well placed to start doing the same thing for obesity research.

### In your opinion, can the government reach its target to halt the year on year rise in obesity in under 11s by 2010?

I think 2010 is looking frighteningly close, given that we're still really at the talking stage.

All of the changes proposed by the government - improving vending machines, increasing school sports time, giving parents advice - are fantastically good ideas and we need to do every single one.

But the fact remains that each will only make a relatively small contribution. When I look at the ferociously steep lines showing the upwards trend in childhood obesity, I just can't see how we're going to cause all these lines to turn round and become parallel within the next five years.

Probably the only real changes in terms of children's weights will be seen in a few health authorities and PCTs that have really taken a vigorous approach.

But I think we could well have made substantial progress in certain areas. For example, we've seen how effective engaging the public can be in the case of smoking, but we have yet to achieve this level of engagement for the nation's weight problem.

Hopefully by 2010 people will at least be thinking about obesity a whole lot more. And this should mean we have much more public support for behavioural change initiatives in the future.

## Engaging with the Experts (cont. from p6)

### What are your research plans for the next 5 years?

I have lots and lots of plans, but I'll mention just a few!

One thing that is really becoming clear is that obesity is developing much earlier than it used to. Some people are even suggesting that obesity risk is set within the first few months of life. So in our new programme of work we will be assessing children right after birth, and following them as they develop to see how genetic and environmental factors influence eating behaviour and weight.

I'm also really excited about Weight Concern's Big Panel initiative. Using that sample as a test-bed for ideas we have to help people control their weight is going to be tremendously exciting and a very useful contribution to the field.

### If you were prime minister and you could do just one thing to tackle obesity, what would it be?

What an impossible question! That's actually really difficult to answer, because we know very little about the specific impact of single environmental changes.

But I do feel very very strongly that environments over which the state has some kind of control - I'm talking here about schools, hospitals, civil service workplaces etc. - these places should be models of healthy environments.

And by 'healthy environment' I mean that healthy food should be provided, food should be well-labelled, walking should be encouraged and healthy lifestyle choices should be rewarded. So in a hospital foyer you would no more see burgers and sweets on sale than you would see cigarettes or alcohol. I think that would be a pretty good place to start.

## NEWS ROUND-UP

### GOVERNMENT HELD TO ACCOUNT OVER OBESITY ACTION PLAN

The National Audit Office, Audit Commission and Health Development Agency teamed up in February to criticise the government's plan to tackle childhood obesity.

In a report breaking down each element in the 'complex delivery chain' proposed, they concluded that the government risks failing to meet its target to halt the rise in obesity in under 11s by 2010, unless clear guidance and leadership is given.

Weight Concern hopes the report will be the impetus the government needs to make good its promises and develop a coherent plan to promote healthy lifestyles in children.

## FIRST STEPS: Tackling obesity in primary care

Very few health professionals in primary care are willing to communicate with patients about their level of overweight.

A barrier often cited is not knowing how to broach the topic (see p5).

But this is not the only stumbling block.

A recent survey of Primary Care Physicians in the US indicated that half would spend more time talking about obesity if they were financially reimbursed for their time and resources.

The Action for Obesity Resources Campaign (AFOR) was founded in 2005 by Weight Concern and other leading charities and health professionals.

Since then, Weight Concern has been busy lobbying MPs to ensure primary care professionals are given the financial and practical resources they urgently need to halt the mounting obesity crisis.

AFOR is now calling on the government to make room for obesity in the second General Medical Services (GMS) contract.

At a recent All-Party Parliamentary Group on Obesity meeting, Weight Concern clinical psychologist, Dr Paul Chadwick, urged MPs to see the compelling arguments from both a professional and a patient perspective.

"Currently, advice from GPs is patchy and, arguably, targeted at those who need it least," said Dr Chadwick.

"It's vital that the GMS contract recognises that GPs need to spend time ensuring that patients can be assessed, and then provided with the services they so badly need."



Campaigning for obesity resources: Dr Paul Chadwick puts the Weight Concern view to MPs.

## FRESH FACES



Hiking up the obesity mountain: Claire Willis joins the Weight Concern team

We are very pleased to welcome Claire Willis to the Weight Concern team. Claire comes to us from a public health position at Shropshire PCT and is currently training as a health psychologist. She is looking forward to getting stuck into all of our projects, including our childhood obesity treatment trial, so watch this space for more news on her activities!

**Support us!** Weight Concern has limited sources of regular income and warmly welcomes donations, however small.

If you would like to donate, please send cheques, payable to Weight Concern, to the address below.

**Get in touch!** Do let us know your views on this newsletter or any aspect of Weight Concern's work - we are keen to have your feedback and will respond to you personally.

Contact details are at the bottom of each page.

**A final word...** We would like to extend our thanks to all those who support Weight Concern's work, in particular to Richard White and Pro Excellence Ltd for their continuing generosity.