

THE LEEDS and WEST YORKSHIRE

# HEALTHY WEIGHT CLINIC

A USER'S GUIDE

leeds children's  
hospital  
caring about children

## WHY



## are you HERE?

YOU HAVE BEEN REFERRED BY A  
**HEALTH PROFESSIONAL**

YOUR FIRST APPOINTMENT  
IS AN

TO HELP YOU  
BE YOUR  
HEALTHIEST  
SELF

Education  
SESSION

A CHANCE  
TO GET TO  
KNOW THE  
TEAM

ASSESSMENT  
QUESTIONNAIRE

NO  
STIGMA

EVERYONE IS

## DIFFERENT

& COME FROM DIFFERENT BACKGROUNDS

SO... ALL THE WORK WE DO WITH **YOU** WILL BE ALL ABOUT...

## YOU!

THE TEAM MAKE A

## PLAN

FOR YOU &  
YOUR  
FAMILY

THE PLAN LASTS  
**8-12**  
WEEKS



...IT INVOLVES CHECK INS &  
MEETING LOTS OF PEOPLE

SOME

## BLOOD

TESTS

ARE NEEDED  
TO CHECK YOUR  
HEALTH...

BUT

WE CAN USE

SOME  
**MAGIC**  
CREAM

to take the  
pain away

AT YOUR NEXT APPOINTMENT  
YOU WILL MEET

hi!

a **DOCTOR** and a  
**DIETICIAN**

MEET THE  
DOCTOR & DIETICIAN

hello  
again!

& CHECK  
WEIGHT AND  
HEIGHT

A **LESS**  
**INTENSE**  
PLAN

**6**  
MONTHS  
LATER...

GOOD LUCK  
WITH  
EVERYTHING

**POSITIVE**  
OUTCOMES

## GOODBYE!