**Title: Large-scale change in weight management amongst mental health service users: An example of good practice in North- East England**

**Background**

People with severe mental illness face 3.6 times higher mortality rate than the general population. This is even higher in some parts of North East England. To address this inequality, service users, provider and partners have collaborated to tackle overweight and obesity by producing a weight management plan for those in contact with mental health services in the North-East (staff and service users) “A weight off your mind”.

**Methods**

Large-scale change methodology was employed in: identifying the need for change through local engagement and assessment of the evidence; engaging and connecting with others including service users, clinicians and leaders; and framing and reframing the issues and in doing so moving from a paternalistic approach to an inclusive and engaging one which empowers service users and staff with the skills, knowledge and resources and environment to make health choices about their weight.

A research proposal is under development to examine the impact of the food environment through service user perspectives.

**Results**

The plan was launched in both Trusts early in 2018 with implementation well established through local steering groups.

Early successes have included:

“A Rapid Pathway Development Workshop is being held from 8th to 11th May to develop a Nutrition Clinical Link Pathway.  This will include screening and interventions for under and over nutrition in TEWV.”

Inpatient menus within NTW fully analysed and action plan formulated to align them with most recent standard (BDA 2017).

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