



X-PERT Weight & Wellbeing

A NICE-compliant Tier 2 weight management/lifestyle-focused structured education programme to help people develop the knowledge, understanding and confidence to make informed decisions about their lifestyle leading to improved weight management, health and wellbeing.

Training to become an X-PERT Weight & Wellbeing Educator

Aim

Develop the knowledge, skills and confidence to competently deliver the X-PERT Weight & Wellbeing Programme to people who wish to achieve their weight management and/or general health goals.

Learning Outcomes

- ❑ Be familiar with the NICE guidance for managing overweight and obesity in adults via lifestyle weight management services.
- ❑ State the main outcomes from the X-PERT Weight & Wellbeing audit.
- ❑ Develop skills in adult education, empowerment and person-centred care to facilitate the goal setting activities enabling participants to make informed decision regarding lifestyle change.
- ❑ State the current evidence base for the lifestyle recommendations (nutrition, physical activity, alcohol, sleep and stress) for the general population and people with obesity.
- ❑ Gain practical experience for delivering the 12 sessions:
 - ✓ one: energy balance limitations and the 7 lifestyle options;
 - ✓ two: the Nutrition for Health model and different dietary approaches (low fat, Mediterranean, low carb and intermittent fasting);
 - ✓ three: challenges with food shopping and/or dining out/ordering in;
 - ✓ four: what happens to food when you eat it, foods for fullness, the power of protein and hormonal obesity;
 - ✓ five: carbohydrate awareness (amount, type, fibre, quiz, carb counting and the gut microbiota);
 - ✓ six: fat awareness (healthy & unhealthy foods containing fats and dispelling myths);
 - ✓ seven: intermittent fasting – types, myths and tips and breaking the diet cycle;
 - ✓ eight: dealing with challenges and revisiting the 7 lifestyle options;
 - ✓ nine: sleep, stress and the psychology of eating;
 - ✓ ten: physical activity (health benefits, meeting the recommendations, impact on weight loss);
 - ✓ eleven: health check, health results and prevention of ill health;
 - ✓ twelve: are you a weight-management X-PERT? Recapping and the way forward.
- ❑ Develop strategies to register people on F2F and/or virtual programme and implement appropriately for the local population.
- ❑ Gain practical knowledge of carrying out the audit and quality assurance of the X-PERT Weight & Wellbeing Programme.
- ❑ Undertake a self-assessment of confidence to deliver the programme and, if relevant, identify goals to increase confidence and competency.
- ❑ Demonstrate that learning has taken place by undertaking a multiple-choice knowledge quiz.