



# POPULATION HEALTH MANAGEMENT

## Supporting people in South Nottinghamshire



### NHS Food Scanner App



Use the [NHS Food Scanner app](#) to bring your favourite food labels to life.

A quick scan of the barcode on the product's packaging using your phone's camera will show you:

- If it's a 'good choice'
- Traffic light ratings: whether the product is high, medium or low in sugar, salt and fat
- Living labels! Bring the sugar, salt and fat in a product to life to help understand more about what you're eating.
- All your previous scans - see the full list of every product you've ever scanned!

### Your Health Notts: Weight Loss Service



Your Health Notts offer targeted, specialist, weight management services different from traditional weight loss programmes. They're experts in helping adults and families lose weight and lead healthier lives. The programmes encourage lifelong change to eating habits, help people overcome barriers to weight loss, make sensible food choices and become more active.

Scan QR or visit:

<https://yourhealthnotts.co.uk/support/reduce-alcohol/>



### Better Health



Healthy changes start with little changes.

If you're overweight, losing weight has many health benefits. Making small, simple changes to what and how much you are eating and drinking can really help you lose the pounds.

Scan QR or visit

<https://www.nhs.uk/better-health/lose-weight/>

