

Type of Obstacle/Barrier		Example	Ways to overcome
Unable to access service	Geographical	<ul style="list-style-type: none"> ○ A poor bus service ○ Live in a rural area 	<ul style="list-style-type: none"> ○ Arrange hospital transport ○ telephone help lines or internet support groups
	Financial	<ul style="list-style-type: none"> ○ Can't afford equipment (scales, healthy food, gym) ○ It cost too much to travel. ○ Taking time off work = less pay 	<ul style="list-style-type: none"> ○ Check for free prescription, treatments ○ Find free classes/run/jog/walk etc. ○ Find offers for food in shops/bulk cook
	Psychological	<ul style="list-style-type: none"> ○ Being judged for being obese 	<ul style="list-style-type: none"> ○ Discuss concerns with a charity
	Physical	<ul style="list-style-type: none"> ○ No wheelchair access ○ No parking 	<ul style="list-style-type: none"> ○ Find easy access services which have been adapted ○ Ask for friends or family to help get there/drop off
	Personal needs	<ul style="list-style-type: none"> ○ Language ○ Deaf ○ Blind 	<ul style="list-style-type: none"> ○ Provide support i.e. BSL signer, interpreter
Emotional	Poor self-concept	<ul style="list-style-type: none"> ○ Don't value themselves 	<ul style="list-style-type: none"> ○ Set achievable targets – broken down - small steps ○ Give reassurance and encouragement ○ Regular feedback on progress
	Accepted current state	<ul style="list-style-type: none"> ○ Accept their current health as it's easier. ○ Don't understand the health risks 	<ul style="list-style-type: none"> ○ Encourage to think about possibility of change ○ Educate about health risks and benefits
	Unmotivated	<ul style="list-style-type: none"> ○ Usually high at the start but then reduces <p>it means 'The drive to continue'</p>	<ul style="list-style-type: none"> ○ Plan rewards i.e. New clothes after weight loss ○ Record money saved ○ Apps to track progress (i.e. weight, cigarettes) ○ Suggest new ways to meet people/groups
Specific to individual	Addiction	<ul style="list-style-type: none"> ○ Not believing they are addicted ○ Being high ○ Cravings ○ Peer pressure 	<ul style="list-style-type: none"> ○ Join a support group (AA) ○ Give clear leaflets about effects- to refer to when confused ○ Ask for family/friends not to offer/have around them ○ Use family and friends support to encourage a new friendship group/leisure activities
	Disabled	<ol style="list-style-type: none"> 1. Difficult to attend a service 2. Not able to read 3. Not able to understand (i.e. autism) 4. Mobility issues make exercise difficult 	<ol style="list-style-type: none"> 1. Arrange transport/Family support 2. Suitable format i.e. braille, BSL, audio 3. Explain in a suitable way 4. Suggest appropriate actions i.e. sitting exercise
Unachievable	<ul style="list-style-type: none"> • Unclear or too many targets <i>i.e. Smoking, alcohol and losing weight is too much</i> <i>Not gradually decreasing cigarettes, or 'lose 4 stone',</i> • Unsuitable for individual <i>i.e. Exercise plan for poor mobility is very different to teenager</i> • Incorrect frame of mind <i>i.e. Depression</i> 		Set a more achievable target, tackle depression first
Lack of support	Friends	<ul style="list-style-type: none"> ○ Peer pressure ○ Friends continuing lifestyle 	<ul style="list-style-type: none"> ○ Plan alcohol free nights out ○ Don't offer cigs or drugs ○ Join a gym or club ○ Compliment
	Family	<ul style="list-style-type: none"> ○ Family continuing lifestyle 	<ul style="list-style-type: none"> ○ Adopt healthy lifestyle ○ Encourage ○ Buy healthy food ○ No temptation in house ○ Practical or financial support
No time	To exercise	<ul style="list-style-type: none"> ○ Irregular work patterns ○ Family commitments 	<ul style="list-style-type: none"> ○ Regular, convenient times to exercise (i.e. weekly club) ○ Add into daily routine i.e.. Cycle to work, get off bus early ○ Exercise while watching TV i.e. lunges, planks during ads ○ Use apps
	To eat healthily	<ul style="list-style-type: none"> ○ Irregular work patters, family commitments 	<ul style="list-style-type: none"> ○ Cook large quantities of healthy meals and freeze ○ Find quick and easy recipes