

All consenting patients visiting GP during recruitment have their height and weight measured and are screened for trial eligibility

Excluded:

- <18 years of age
- BMI <30 (or <25 for South Asian population groups) and low body fat
- Pregnant women/intending to become pregnant during trial period
- Unwilling to participate & be randomized
- Visiting GP for weight management
- Currently (or within past 3 months) participating in weight management program (including pharmacotherapy or bariatric surgery)
- Unable to speak/understand English

Randomized (n=1,824)

Allocated to **intervention group** (assistance-orientated) at baseline assessment (n=912)

Assistance-orientated (practical support) intervention:

- GP offers patient referral to a free commercial weight management service currently available in the NHS (i.e. a 12 week treatment course of Slimming World / Rosemary Conley)

- 1 month after enrolment: follow up appointment with GP to have weight re-assessed and review progress. Re-referral can be made if first referral was not taken up, or Orlistat prescribed if the treatment program was unsuccessful.

Allocated to **control group** (advice-orientated) at baseline assessment (n=912)

Advice-orientated (medical advice) intervention:

- GP advises patient of the health risks associated with being obese and the benefits of weight loss.

3 months (after enrolment): Follow up telephone call to assess patient's actions taken to manage their weight since enrolment and self reported weight

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