

Our Reference North East and North Cumbria ICB\
FOI ICB 25–268

North East and North Cumbria ICB
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By Email

17 October 2025

Dear Applicant

Freedom of Information Act 2000 – Request for Information – NHS North East and North Cumbria Integrated Care Board (NENC ICB)

Thank you for your request received on 7 October 2025 for information held by NHS North East and North Cumbria Integrated Care Board (the ICB) under the provisions of the Freedom of Information Act 2000. The ICB covers the areas of County Durham, Newcastle Gateshead, North Cumbria, North Tyneside, Northumberland, South Tyneside, Sunderland, and Tees Valley.

Please find the information you requested on behalf of the ICB as follows.

Your Request

Under the Freedom of Information Act 2000 I request the following information for your Integrated Care Board (ICB) area. If any part of this request is refused, please provide the rest.

1. Commissioning status

As of today, does the ICB commission GLP-1 medicines for adult weight management (examples include semaglutide/Wegovy, tirzepatide/Mounjaro)? (Answer: Yes/No). If yes, please give the date commissioning began.

2. Tier-3 services

Do you currently commission a Tier-3 (specialist) weight-management service for adults? (Yes/No). If yes, how many Tier-3 clinics do you commission in the ICB and what is the current waiting list length (number of patients) as at 07/10/2025?

3. Typical aftercare/follow-up

For patients started on GLP-1 medicines under your commissioning, please provide the standard follow-up entitlement (e.g. number of dietitian sessions per patient, psychology sessions, exercise referral, nurse review frequency).

Our Response

We can confirm, as per Section 1(1) of the Freedom of Information Act 2000, the ICB does hold the information requested.

1. Yes, NENC ICB commissions GLP-1 medicines. This commenced 02/07/2025.
2. Yes, the ICB commissions Tier-3 (specialist) weight-management services for adults. There are six Tier-3 services in North East and North Cumbria. The current total waiting list is approximately 4000 patients.
3. Within Tier-3, patients on GLP-1 are seen monthly (these are non-medical prescribers nurse or dietitian). The usual wrap around care consists of access to psychology, physiotherapy and dietetic support which is a mix of one-to-one and group sessions.

In accordance with the Information Commissioner's directive on the disclosure of information under the Freedom of Information Act 2000 your request will form part of our disclosure log. Therefore, a version of our response which will protect your anonymity will be posted on the NHS ICB website <https://northeastnorthcumbria.nhs.uk/>.

If you have any queries or wish to discuss the information supplied, please do not hesitate to contact me on the above telephone number or at the above address.

If you are unhappy with the service you have received in relation to your request and wish to request a review of our decision, you should write to the Information Governance Manager using the contact details at the top of this letter quoting the appropriate reference number.

If you are not content with the outcome your review, you do have the right of complaint to the Information Commissioner as established by section 50 of the Freedom of Information Act 2000. Generally, the Information Commissioner cannot make a decision unless you have exhausted the ICB's complaints procedure.

The Information Commissioner can be contacted at Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF or www.ico.org.uk.

Any information we provide following your request under the Freedom of Information Act will not confer an automatic right for you to re-use that information, for example to publish it. If you wish to re-use the information that we provide and you do not specify this in your initial application for information then you must make a further request for its re-use as per the Re-Use of Public Sector Information Regulations 2015 www.legislation.gov.uk. This will not affect your initial information request.

Yours faithfully

Information Governance Support Officer

**Information Governance Support Officer
North East and North Cumbria Integrated Care Board**