

Weight Management Services

The Weight Management Enhanced Service includes payment for referral to any of the follow eligible services.

Service	Eligibility criteria for the service	Service Description	How to refer into the service
NHS Digital Weight Management Programme	<ul style="list-style-type: none"> • BMI over 30 or 27.5 for those of Black, Asian and other minority ethnic groups • Aged 18 years and over • Not pregnant • Patients with hypertension and/or diabetes. <p>This service should be the default option for this cohort of patients.</p>	<p>Summary (description, cost, format and location) A free 12 week digital weight management programme. Service users can participate via an App or web-based platform</p> <p>The service is delivered across 3 levels of intensity. Level 1 – access to digital content only. Levels 2 and 3 – access to digital content, plus a minimum of 50mins (level 2) or 100mins (level 3) of human coaching. The system triages service users to the most appropriate level of support.</p>	<p>Referral by a suitably trained and competent GP practice or PCN healthcare professional.</p> <p>Referral via the existing e-referral System (e-RS).</p> <p>Further information on the programme and how to refer: https://www.england.nhs.uk/digital-weight-management/.</p>
National Diabetes Prevention Programme (Healthier You Programme)	<ul style="list-style-type: none"> • Be aged 18 or over (no upper limit) • Is not pregnant • Does not have a diagnosis of Diabetes • Has 'non-diabetic hyperglycaemia' (NDH) identified by blood test within the last 12 months. <p>NDH is defined as: HbA1c of 42-47mmol/mol (6.0%-6.4%), or; Fasting Plasma Glucose (FPG) of 5.5-6.9mmol/l, or; Oral Glucose Tolerance Test (75g load) 2hr result of 7.8-11.0mmol/l (If the patient has a history of Gestational Diabetes Mellitus (GDM) then HbA1c can be below 42 or FPG below 5.5)</p>	<p>Summary (description, cost, format and location)</p> <ul style="list-style-type: none"> • Programme is free and delivered over a 9 month period. • Behavioural intervention is underpinned by three core goals: <ul style="list-style-type: none"> • achieving a healthy weight • achievement of dietary recommendations • achievement of CMO physical activity recommendations • The programme is made up of at least 13 sessions, with at least 16 hours face to face contact time, spread across a minimum of 9 months, with each session lasting between 1 and 2 hours. 	<p>Referral by a suitably trained and competent GP practice or PCN Healthcare professional.</p> <p>Referral via the existing e-referral System on S1/ EMIS etc. Referral forms are online.</p> <p>A free-to-access e-module on the Healthier You programme is available for healthcare professionals. https://elearning.rcgp.org.uk/nhsdpp</p>

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LA commissioned Tier 2 Service(s)	<ul style="list-style-type: none"> • Pre-diabetic • Over 18 • BMI over 30 (over 27.5 for some ethnic groups) 	<p>Exercise on Referral scheme – Dolphin Centre</p> <p>This is a GP / health professional referral scheme which allows individuals to access custom support at the Dolphin Centre gym. They have an initial consultation to discuss aims and goals, and have the option of using the gym, swimming pool, classes and community led classes.</p>	<p>Referral from HCP – need a blood test to confirm pre-diabetes ahead of referral</p> <p>Contact - 01325 406039 vicky.grant@darlington.gov.uk</p>
Tier 3 Specialist Service	<ul style="list-style-type: none"> • Age 18 and over • Live in County Durham and Darlington • Not pregnant • BMI over 40, or over 35 with significant comorbidities 	<p><u>Phase 1:</u> The healthy eating and dietary programme content will consist of 12 weekly sessions within a group setting. The programme will integrate practical healthy eating and the delivery of physical activity sessions with bespoke psychological wellbeing.</p> <p><u>Phase 2:</u> A second phase will continue with support and monitor through fortnightly drop in sessions</p> <p><u>Phase 3:</u> This phase of the service will be integrated with the pre-operative phases of the current Tier 4 bariatric surgery pathway.</p>	<p>Referrals will be accepted from General Practitioners or medical consultants via ERS</p>

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Tier 4 Specialist Service	<ul style="list-style-type: none"> • BMI over 50 • Already engaged with the Tier 3 service 	<p>Bariatric surgery is the most effective weight-loss therapy and has marked therapeutic effects on patients with Type 2 diabetes.</p> <p>Options available are</p> <ul style="list-style-type: none"> • Gastric Banding • Gastric Bypass • Sleeve gastrectomy • Duodenal switch. <p>County Durham & Darlington have 3 bariatric surgeons who all operate from Darlington Memorial Hospital.</p>	<p>Referral from GP via ERS</p> <p>Referrals will be accepted from general practitioners or medical consultants. Referrals will also be accepted from initial assessment into Tier 3 services</p>