

Weight Management Services in Stockton on Tees

Please note the eligibility criteria and ways to refer into the services are different and may only be through a GP Practice

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 suitably trained and competent GP Practice or PCN healthcare professional. Further information on the programme and how to refer: www.england.nhs.uk/digital-weight-management/</p> <p>Referral can also be made by a pharmacist. Further information on how to refer to the programme can be found at: www.england.nhs.uk/digital-weight-management/information-for-healthcare-professionals/information-for-community-pharmacies/</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> <p>https://elearning.rcgp.org.uk/nhsdpp</p>

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<p>LA commissioned Tier 2 Service(s)</p>	<p><u>Weight Management at Tees Active</u></p> <ul style="list-style-type: none"> • Motivated to change diet and activity • Wanting support to help manage and improve weight • Age 16+ • BMI 25+ with comorbidities (23+ for people of Black African, African-Caribbean and Asian origin) • BMI 30+ with / without comorbidities (27.5+ for people of Black African, African-Caribbean and Asian origin) • Is not pregnant • Does not have an eating disorder • Does not have a significant unmanaged co-morbidity <p>A number of other exclusion criteria apply, please see referral form for full details.</p>	<p><u>Group Weight Management at Tees Active (in person)</u></p> <p>A free 12-week programme to help make positive changes to lifestyle through eating healthily and exercising. The programme will offer education and support to enable sustainable changes to weight loss and improving overall health and wellbeing. Two styles of programme are available – “Lite4Life” which includes a 1-hour advice and education session per week and “Energise” where the weekly session is split into 30 minutes of advice / education, and 30 minutes of group exercise. Both programmes include a free 10-week activity pass giving access to gyms, swimming and fitness classes across the Tees Active venues. More information is available at www.teesactive.co.uk/lite-4-life/ and www.teesactive.co.uk/energise/</p>	<p>All healthcare professionals can refer into the service via the online referral form available at https://secure.refer-all.net/referrals/TeesActive/Refer</p> <p>People with a BMI 30+ (27.5+ for people of Black African, African-Caribbean and Asian origin) are able self-refer into the service. More information is available via the websites at www.teesactive.co.uk/lite-4-life/ and www.teesactive.co.uk/energise/</p> <p>For questions contact (01642) 526740 or email referral@teesactive.co.uk</p>
<p>Tier 3 Specialist Service</p>	<ul style="list-style-type: none"> • Over 18, or over 16 if clinically agreed • Patients with a BMI above 40 • Patients with a BMI above 35 and significant co-morbidity such as: <ul style="list-style-type: none"> i) Diabetes ii) Hypertension iii) Heart disease iv) Severe respiratory disease including COPD/asthma v) Sleep apnoea vi) Severe hyperlipidaemia vii) 2 years+ post bariatric surgery care if previously known to the service 	<p>A fully structured Tier 3 specialist weight management service covering Middlesbrough, Redcar, Stockton and Hartlepool.</p> <p>This is a highly specialised multi-disciplinary clinic comprising a bariatric physician, specialist dietitians, specialist clinical psychologist, physiotherapist, health care support workers and administrators.</p> <p>The service works closely with the Tier 4 services to ensure the patient journey flows smoothly between T3 and T4</p>	<p>Referral from GP via ERS</p> <p>It is expected that patients will have engaged with Tier 2 services before referring to Tier 3</p>

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Tier 4 Specialist Service	<ul style="list-style-type: none"> • Over 18 • BMI over 40, or between 35-40 in the greater presence of other significant disease • Morbid / severe obesity has been present for at least 5 years <p>The individual must have recently attended and complied with a local specialist obesity service weight loss programme (non-surgical Tier 3/4) for the duration of 12-24 months.</p> <p>For patients with BMI > 50 attending a specialist bariatric service, this period may include the stabilisation and assessment period prior to bariatric surgery. The minimum acceptable period is six months</p>	<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>The Tier 3 service works closely with both STHFT and NTHFT Tier 4 services</p>	<p>Referral from GP via ERS</p> <p>It is expected that patients will have fully engaged with Tier 3 services before onward referral to Tier 4</p>

For more general information around support with weight management please refer to:

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