

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"> • A Sunderland resident (Or registered with a Sunderland GP if the patient lives outside the local authority boundary). • BMI over 30 or 27.5 for those of Black, Asian and other minority ethnic groups. • Aged 18 years and over 	<p>Summary (description, cost, format and location)</p> <p>A free 12-week weight management programme.</p> <p>Programme participants receive:</p> <ul style="list-style-type: none"> • 1-2-1 consultation • Tailored physical activity plan • Information on healthier eating, physical activity, behaviour change, emotional wellbeing and sleep health. • Regular updates on a range of health and wellbeing topics • Follow up session at 26 weeks 	<p>Currently closed for referrals. Once spaces become available you will be informed how to refer.</p>
Tier 3 Specialist Service	<p>Sunderland does not have a Tier 3 service at this time. Patients requesting Bariatric surgery will undergo an integrated programme of dietary education and psychological support as and when deemed necessary within Tier 4.</p>		

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<p>Tier 4 Specialist Service</p>	<ul style="list-style-type: none"> • If patient is willing and other interventions have not been effective <u>And</u> • BMI >40 or >35 with another significant co-morbidity that may improve with weight loss e.g., type 2 diabetes, hypertension, sleep apnoea or severe mobility problems • BMI between 30 and 34.9 and diabetes diagnosis within the last 10 years • Lower threshold for referral if the patient is of Black, Asian or other minority ethnic groups. • Aged 18 years and over 	<ul style="list-style-type: none"> • Patients will complete a Tier 3 education programme as part of the work up for surgery. <p>Common procedures performed include</p> <ul style="list-style-type: none"> • Gastric bypass (Roux-en-Y or One Anastomosis) – Small gastric pouch is connected to the small intestine to bypass the stomach. • Sleeve gastrectomy - part of the stomach is removed leaving behind a narrow tube. • Gastric Bands - a band is placed at the top of the stomach. <p>All of these reduce hunger and enhance satiety resulting in a substantial reduction of calorie intake.</p>	<p>Referrals to be made directly to the General Surgery via on line form.</p> <p>South Tyneside and Sunderland NHS Trust referral form for Bariatric Surgery.</p>

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Sunderland Nutrition & Dietetic Department	<ul style="list-style-type: none"> Aged 18 years and over BMI 30 or BMI \geq 28 with co-morbidities associated with obesity. Co-morbidities would include diabetes, hypertension, joint problems or dyslipidaemia. 	<ul style="list-style-type: none"> Weight management advice from a registered Dietitian. Patients will be assessed, advised and followed up by a defined pathway. Recommendations with regards to referral for Orlistat* or Bariatric Surgery may be made if appropriate. <p>*Dietitians are able to assess and advice on the suitability of Orlistat. They are also able to supply in line with the local PGD guidance. Patients must demonstrate that they have made changes to their diet and lifestyle and we be willing to follow the appropriate low fat diet to minimise the risk of side effects associated with Orlistat.</p>	Referrals to be made directly to the Nutrition and Dietetic Department via on line form or sent to stsft.dieteticbookingteam @nhs.net

Useful websites to signpost patients to:	Content and who most suitable for:
Home - We Are Undefeatable	Applicable to those with a LTC wanting to be more active
This Girl Can	Focus on encouraging females to be more active. National Lottery funded campaign.
Active Sunderland	Sunderland City Council managed page- directory of activities in the area.
NHS Better Health	Free tools & support to get active or lose weight
FIT FANS EFL	Free health programme for men & woman aged 35-6, BMI 28+ who are looking to lose weight, get fitter and lead a more active life. Sunderland football fan.
British Dietetic Association (BDA)	Information resource and facts sheets re fats, weight loss, portion size, food labelling