



North East and North Cumbria

Our Reference North East and North Cumbria ICB\
FOI ICB 26–164

North East and North Cumbria ICB
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By Email

17 July 2026

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 3 July 2026 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

I wish to make a series of requests under the Freedom of Information Act 2000. For ease of processing, I am including them in the same email below. Please treat each as a separate request under the terms of the Act, although feel free to respond in one correspondence if convenient. If any request is likely to exceed the appropriate cost limit, I would be grateful if you could contact me to discuss how it may be refined, in line with your duty to provide advice and assistance under Section 16 of the Act.

Request 1: Type 2 diabetes policies and pathways

Please confirm whether NHS North East and North Cumbria ICB has a current policy, clinical guideline or patient pathway relating to the management of type 2 diabetes in adults.

If yes, please provide a copy of the relevant information.

Request 2: NICE guideline NG28 implementation

Please confirm whether NHS North East and North Cumbria ICB has any specific impact assessments, plans or other documents relating to the implementation of NICE guideline NG28 (updated in February 2026).

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If yes, please provide a copy of the relevant information and state which of the following best describes the ICB's position:

- a. NG28 is being implemented in full
- b. NG28 is not yet fully implemented, but there is a plan to do so by 31 December 2026
- c. NG28 is not fully implemented and there is no defined timeline for doing so

Request 3: Prescribing guidance and communications

Please confirm whether NHS North East and North Cumbria ICB has issued any prescribing guidance or other communications since 1 January 2026 relating to choosing, reviewing or changing medicines for type 2 diabetes in adults.

If yes, please provide a copy of the relevant information.

Request 4: Weight management policies and pathways

Please confirm whether NHS North East and North Cumbria ICB has a current policy, clinical guideline or patient pathway relating to weight management in adults.

If yes, please provide a copy of the relevant information.

Request 5: Referrals

Please confirm whether NHS North East and North Cumbria ICB holds data on referrals to weight management services.

If yes, please provide the most recent available data showing the percentage of adults living with obesity who were referred to a weight management programme within 90 days of a qualifying BMI being recorded.

If this exact data is not available, please provide the closest equivalent data on record.

Request 6: Waiting times

Please confirm whether NHS North East and North Cumbria ICB holds data on waiting times for weight management services.

If yes, for each of the services listed below, please provide the most recent available data showing (a) the estimated number of eligible patients in NHS North East and North Cumbria ICB (b) the number of people on the waiting list and (c) mean and median waiting times, in weeks:

- a. Tier 2 service
- b. Tier 3 service
- c. Tier 4 service
- d. NHS Digital Weight Management Programme
- e. NHS Diabetes Prevention Programme
- f. NHS Type 2 Diabetes Path to Remission Programme

If data is not held at this level of granularity, please provide the closest available breakdown.

If any waiting lists are currently closed, please indicate this and provide a brief explanation.

Request 7: Funding

Please confirm whether NHS North East and North Cumbria ICB has instigated any reductions or freezes to the budget allocated to weight management services since 1 April 2025. We are defining 'freeze' as a flat cash allocation with no increase, or a suspension of planned expenditure or growth.

If yes, please provide:

a. Either:

- The value of the reduction (in £) and the percentage change from the previous budget; or
- The start date and end date (or planned end date) of the freeze, and confirmation of the budget during the freeze period (in £ and as a percentage of the total ICB budget)

b. The services affected

c. A brief explanation

Our Response

Request 1: Type 2 diabetes policies and pathways

The ICB's Medicines Strategic Plan includes the provision of medicines to manage diabetes. The plan can be found on the ICB's website: [NENC ICB Medicines strategy 2025-2030](#).

NENC ICB holds Type 2 Diabetes in Adults Guidelines. This is publicly available on the Northern Treatment Advisory Group website: <https://ntag.nhs.uk/guidelines/>. The ICB considers this element of your request exempt from disclosure by way of s.21 as the information is readily accessible by other means.

Pathways for the management of type 2 diabetes in adults are commissioned NENC ICB but with variation at locality level. NENC ICB does not hold documentation which would provide an overview of this. To note, most Type 2 Diabetes patients are reviewed and managed by their GP surgery, close to home, rather than in secondary care settings.

Request 2: NICE guideline NG28 implementation

All services commissioned by the ICB are required to adhere to implementation of NG28, however, there been no recent audits to review performance against this. Performance of all commissioned services is picked up as part of contract management meetings.

The guidelines are now out of date but not updated due to planning for the implementation of NG28 with discussions ongoing with the ICB and providers.

The cost impact and review of updated guidelines is currently being discussed within the NENC ICB governance process, agenda item is progressing through process, a decision outcome will be shared on the NTAG website once complete, so will be publicly available when completed. Therefore, response (b) best describes the current ICB position.

Request 3: Prescribing guidance and communications

No new guidance/communications have been issued. All NENC ICB clinical guidance is hosted on the NTAG website and can be accessed at: <https://ntag.nhs.uk/guidelines/>. The ICB considers this element of your request exempt from disclosure by way of s.21 as the information is readily accessible by other means.

Request 4: Weight management policies and pathways

NENC ICB has policies, guidelines and patient pathways relating to weight management in adults. These are publicly available on the ICB's website:

<https://northeastnorthcumbria.nhs.uk/media/q5bh4cqu/hwto-patient-prioritisation-guideline-phase-1-v11.pdf>

<https://northeastnorthcumbria.nhs.uk/media/ep1nk2qh/tier-3-weight-management-services-commissioning-statement-2026.pdf>
[NENC HWTO Patient Prioritisation Guideline](#)
[NENC Tier 3 Weight Management Services](#)

The ICB considers this element of your request exempt from disclosure by way of s.21 as the information is readily accessible by other means.

Request 5: Referrals

NENC ICB holds the following data on referrals:

- a. On this occasion it is not possible to provide the requested information. In line with your rights under section 1(1)(a) of the Act to be informed whether information is held, we confirm the ICB does not hold any of the information requested. NENC ICB does not commission Tier 1 and Tier 2 services.
- b. On this occasion it is not possible to provide the requested information. In line with your rights under section 1(1)(a) of the Act to be informed whether information is held, we confirm the ICB does not hold any of the information requested. However, we have determined that the information is held by the acute hospital NHS foundation trusts (FTs) within the North East and North Cumbria region.

In accordance with our duty under s.16 of the FOIA to provide reasonable advice and assistance to an individual requesting information, we have provided the FOI contacts for those foundation trusts.

NENC Acute Hospital FTs	Email/Online portal
North Cumbria Integrated Care NHS FT	foirequest@cumbria.nhs.uk
South Tees Hospitals NHS FT	stees.foi.admin@nhs.net
South Tyneside and Sunderland NHS FT	stsft@infreemation.co.uk

- c. Please refer to the response to question 5b
- d. On this occasion it is not possible to provide the requested information. In line with your rights under section 1(1)(a) of the Act to be informed whether information is held, we confirm the ICB does not hold any of the information requested. The National Digital Weight Management programme is commissioned by NHS England.

In accordance with our duty under s.16 of the FOIA to provide reasonable advice and assistance to an individual requesting information, we have provided the FOI contact for NHS England: england.contactus@nhs.net. Please write "Freedom of Information" in the subject line.

- e. Please refer to the response to question 5d.
- f. Please refer to the response to question 5d.

Request 6: Waiting times

NENC ICB holds the following data on waiting times for weight management services:

- a. Please refer to the response to question 5a.
- b. Tier three waiting times are as follows:

NENC ICB Tier 3 Weight Management referrals	Adult: Total	Adult: Obese
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70	2,544,855	544,484
Latest adult waiting list (April 2026)		
April 2026	1124	

- c. Please refer to the response to question 5b.
- d. Please refer to the response to question 5d.
- e. Please refer to the response to question 5d.
- f. Please refer to the response to question 5d.

If data is not held at this level of granularity, please provide the closest available breakdown.

If any waiting lists are currently closed, please indicate this and provide a brief explanation.

Request 7: Funding

No, NENC ICB has not instigated any reductions or freezes to the budget allocated to weight management services since 1 April 2025.

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**