

Our Reference North East and North Cumbria ICB\
FOI ICB 25–293

North East and North Cumbria ICB
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By Email

5 November 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 23 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 am requesting updated information about your Integrated Care System's adult weight management services and obesity treatment pathway.

1. Obesity treatment pathway

Does your ICS have a current obesity treatment pathway or equivalent policy? If yes, please share the latest version.

2. Inequalities and access

For the most recent full financial year, please provide data on referrals to NHS-commissioned adult weight management services (all tiers), broken down by:

- a) Index of Multiple Deprivation (IMD) quintile
- b) Ethnicity
- c) Age
- d) Sex

If full breakdowns would exceed the cost limit, please provide the most detailed data or summary analysis you hold on inequalities in uptake or outcomes.

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. Obesity treatment pathway

We can confirm, as per Section 1(1) of the Freedom of Information Act 2000, the ICB does have a current obesity treatment pathway. However, this is available on the ICB website using the links below:

<https://northeastnorthcumbria.nhs.uk/here-to-help-you/health-advice-and-support/healthy-weight-and-obesity/>
<https://northeastnorthcumbria.nhs.uk/weight-loss-drugs-information-for-patients/>
<https://www.meccgateway.co.uk/nenc/services/Healthy Weight>

In accordance with s.21 of the FOIA, we are not required to provide information in response to a request if it is reasonably accessible to you by other means.

2. Inequalities and access

Please refer to the attached files for the data on referrals to NHS-commissioned adult weight management services (all tiers) for:

- Digital Weight Management Programme
- National Diabetes Prevention Programme
- Type II Diabetes Remission Programme
- Tier 3 referrals

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**