

Weight Management Services in Cumbria

Please note: All programmes listed below are free and for both male and female adults who are residents in Cumbria.

	Tier 2				Tier 3
	Slimming World	Oviva	NHS Digital weight management programme (WMP)	National Diabetes Prevention Programme (NDPP)	Specialist Weight Management Service
North Cumbria	✓	✓	✓	✓	✓
South Cumbria		✓	✓	✓	
Age	16+	18+	18+	18+	18+
BMI criteria applies	✓ 28+	✓ 25+	✓ 30+	✓ See info:	✓ 40+
Other criteria applies			✓ See info:	✓ See info:	✓ See info:
Duration	12 weeks	12 weeks	12 weeks	9 months	12 weeks
Face to face or digital*	Face to Face	Digital or telephone	Digital	Face to Face or Digital	Face to Face
Referral route	GP EMIS template	GP EMIS template or self-referral via Oviva website	GP EMIS template	GP EMIS template or self-referral via Diabetes UK	GP EMIS template

*Programmes delivered face to face are subject to change due to COVID-19 guidance

This resource provides information on weight management support services which are available to residents across Cumbria ranging from Tier 1 (universal interventions) up to Tier 4 (bariatric surgery). It has been designed as a quick reference guide for GPs and other health care teams when discussing support options available.

All information is correct as of the time of publication.

Patients should be assessed on a case-by-case basis and directed to the most appropriate intervention.

Give consideration to eligibility criteria, readiness to change and motivation levels.

Tier 1 Support

There are a range of self-help options available that people can access:

Physical Activity

There are a wide range of activities and programmes people can get involved with, many of which can be found at www.activecumbria.org. Activities listed here are either free or low cost to access. There are options for a wide range of interests and fitness levels from football and tennis to walking groups and bowls.

Some of the most popular pages are listed below:

- **Active at Home**
- **Activities and Sports**
- **Activity Finder**
- **Outdoor Activities**
- **We Are Undefeatable**

Sport England also has tips on simple and fun ways to get active both indoors and outdoors. There is a host of information on ways for people to be active from the comfort of their own home, different examples of activities that would take them outdoors and fitness challenges to take on to keep them motivated! More information is available online at www.sportengland.org/jointhemovement



Active Cumbria



Sport England

NHS Better Health

For anybody looking to lose weight, get active or quit smoking.

Better Health has lots of free tools and support including a free 12-week NHS weight loss plan which can be downloaded at www.nhs.uk/better-health/. The free plan can help anybody to create healthier eating habits, become more active and start losing weight.

Broken down into 12 weeks they can:

- Set weight loss goals
- Use the BMI calculator to customise their plan
- Plan meals
- Make healthier food choices
- Get more active and burn more calories
- Record activity and progress

There is also an app which makes it even easier, or you can scan the QR code here:



NHS Better Health lose-weight

Healthier weight during and after pregnancy

Gaining too much weight during pregnancy can increase the risk of gestational diabetes and pre-eclampsia. There are helpful online resources including:

During pregnancy:

www.nhs.uk/pregnancy/keeping-well/exercise/

After pregnancy:

www.nhs.uk/conditions/baby/support-and-services/keeping-fit-and-healthy-with-a-baby/

During and after pregnancy, the NHS accredited Baby Buddy App:

www.babybuddyapp.co.uk/this-mum-moves

Change4Life

Change4Life ensures parents have the essential support and tools they need to make healthier choices for their families. Modern life can mean we are a lot busier, less active and more reliant on convenience and fast food than we used to be.

That's where Change4Life comes in, helping families with fun ideas to help kids stay healthy with easy recipes for busy weeknights, great sugar swaps, Disney-inspired games and help to understand food labels.

Visit www.nhs.uk/change4life

Or Scan QR code here:



Social Prescribing

Social prescribing can help patients with different social, emotional and practical needs by helping them find the right support to improve their health and wellbeing. Link Workers will take the time to explore what's important to them and identify issues and challenges they would like to address. This may involve introducing patients to services, groups or activities in the local community.

The simplest way to make a referral is via a health professional at your GP practice.

Tier 2 Support

Slimming World

Slimming World is a weight loss programme for residents registered with a GP in North Cumbria. Slimming World is for anybody aged 16 years or over who has a BMI of 28 or more.

The FREE 12 week programme supports people to make healthy lifestyle changes together with getting more active.

Sessions take place once a week both face to face in a group session or via their digital offer. There is also additional support in between group meetings as required.

Referral is through a healthcare professional in your GP practice.

Oviva

Oviva is a FREE 12-week weight loss programme for residents across Cumbria. It is available for people aged 18 years and over, who have a BMI $\geq 25\text{kg/m}^2$ (adjusted to 23kg/m^2 in people of Black African, African-Caribbean and Asian origin).

People will be matched with their own personal health coach who will provide 1-to-1 support over the course of the programme. They will also be provided with a range of learning materials, and will have access to peer group support and the Oviva app.

The programme can be carried out via a digital pathway or a telephone pathway to maximise access. Lifelong behaviour change will be supported through a 6-month follow-up appointment and ongoing access to learning resources.

Referral is through a healthcare professional in primary care via EMIS template or self-referral via the Oviva website: www.oviva.com/uk/en/programme/tier-2-weight-management/

or Scan QR code here:



NHS digital WMP

The NHS Digital Weight Management Programme offers online access to weight management services for those living with obesity. Services are for patients who have a BMI ≥ 30 and/or diagnosed diabetes or hypertension. BMI threshold is ≥ 27.5 for those with Black, Asian and ethnic minority backgrounds.

With three levels of support and a choice of providers, it is designed to offer a personalised level of intervention to support people to manage their weight and improve their longer-term health outcomes. The NHS DWMP is an accessible and convenient way to help patients develop healthier eating habits, be more active and lose weight. Patients will only be able to access this programme if they have a smartphone or computer with internet access.

The referral to the programme should be via the EMIS system using the relevant template, for further information visit: www.england.nhs.uk/digital-weight-management/

Or Scan QR code here:



National Diabetes Prevention Programme (NDPP)

The NDPP is a national scheme set up by NHS England. It is a nine -month behaviour change programme aimed at supporting people who have been identified as at risk of developing type 2 diabetes (patients with non-diabetic hyperglycaemia). The tailored healthy nutrition and exercise support programme aims to delay or prevent the onset of type 2 diabetes.

Referrals should be made via the EMIS system using the relevant template.
or via Diabetes UK www.diabetes.org.uk/diabetes-risk-assessment

Eligibility criteria:

- HbA1c must be between 42-47 mmol/mol or Fasting Plasma Glucose between 5.5-6.9 mmols/l and dated within the last 12 months
- If the patient has a history of Gestational Diabetes Mellitus (GDM) then HbA1c can be below 42 or FPG below 5.5
- Aged 18 or over
- Not currently pregnant

Exclusion criteria:

- Pregnant at time of referral
- Individuals with confirmed diagnosis of type 2 diabetes
- Individuals with normal blood glucose readings on referral to service

Other community weight management offers are available – see appendix for a selection.

Tier 3 Support

Specialist Weight Management Programme

A psychologically informed, multidisciplinary specialist weight management service (incorporating dietetics, physical activity and psychology) delivering a free 12 week programme for people who are:

- Registered with a North Cumbria GP
- Patients with a BMI >40
- Patients with a BMI >35 (-2.5% other ethnicities) with other obesity related co-morbidities
 - Significant cardiovascular disease
 - Hypertension
 - Sleep apnoea
 - Dyslipidaemia
 - Surgery dependent on weight loss
 - Infertility
 - Functional disability
 - Benign intracranial hypertension
- Patients with pre-diabetes (HbA1C between 42-48) and BMI over 40 (-2.5% other ethnicities)
- Patients with type 2 diabetes (HbA1c over 48) and BMI over 40 (-2.5% other ethnicities)
- Patients with BMI between 35-40 (-2.5% other ethnicities) with onset of Type 2 diabetes within 10 years
- Patients with a BMI > 35 on the waiting list for orthopaedic surgery precluded on basis of BMI
- Patients with complex mental health and psychological issues with raised BMI
- Patients who meet the criteria and are being considered for bariatric surgery
- Patients who have had bariatric surgery presenting with problems such as weight regain, nutritional deficiencies, or where revisional surgery may be considered

Exclusion criteria

- Under 18s
- Uncontrolled diseases- angina, aortic stenosis, heart failure, arrhythmias, recent MI under investigation, renal failure, lung disease, unstable diabetes
- Active cancer and ongoing treatment
- Severe cognitive impairment/uncontrolled mental health/personality disorders
- Active alcohol/substance misuse
- Self-harm/suicidal behaviours
- Active eating disorders (binge eating/bulimia)
- Adults with BMI >34 or <40 that could be supported by tier 2 services
- Adults who have not engaged with a tier 2 service previously (initially dispensation will be made for adults who have urgent need of tier 3 service)
- Lack of readiness to change or willingness to engage with the Tier 3 WMP

If your patient is motivated and meets eligibility criteria please make referrals for the Specialist Weight Management Programme via EMIS.

Tier 4 Support

Individuals wishing to be considered for bariatric surgery are required to work with tier 3 as part of the preparation for surgery. A summary letter is sent to the patient and copied to the GP when referral to tier 4 is appropriate, with a prompt to complete the e-referral.

Additional Support for Health and Wellbeing

Mental health

Having good mental health helps us relax more, achieve more and enjoy our lives more. There is expert advice and practical tips to help patients look after their mental health and wellbeing at www.nhs.uk/oneyou/every-mind-matters/

Or Scan QR code here:



Every Life Matters

In Cumbria Every Life Matters supports wellbeing, mental health and suicide prevention and bereavement. Home - Every Life Matters - Suicide Safer Cumbria (every-life-matters.org.uk)

Or Scan QR code here:



Smoking

There are plenty of resources available to those looking to stop smoking. The right support can improve their chances of quitting for good. Further information can be found at www.nhs.uk/live-well/quit-smoking/

Or Scan QR code here:



Drugs and alcohol

Patients struggling with consuming too much alcohol can get support to cut down safely at www.nhs.uk/live-well/alcohol-support/

Or Scan QR code here:



Recovery Steps Cumbria

This is a dedicated service for anyone in Cumbria experiencing problems with drugs and/or alcohol. Call: their single point of contact on 01900 512300 or referrals@recoverystepscumbria.org.uk