

Weight Management Services and Information

The Weight Management Enhanced Service includes payment to any of the following services (except the Low-Calorie Diet Pilot).

Service	Eligibility criteria for the service	Service Description	How to refer into the service
Self Help routes	<ul style="list-style-type: none"> Age > 18 	<ul style="list-style-type: none"> Weight Watchers – help you lose weight and build healthy habits. Slimming World – weekly groups with access to members-only website & app for weight loss support or a digital-only service Mobile phone Apps: <ul style="list-style-type: none"> NHS Better Health Rewards: earn vouchers that can be redeemed for gym passes or food purchases by achieving activity targets & making healthy dietary choices. NHS Weight Loss Plan: provides free 12-week diet & exercise plan for weight loss NHS Couch to 5K: Encourages increased activity levels through gradual progression NHS Food Scanner: Increases mindfulness on food choices by checking food labels using scanner app on phone 	<p>Self-referral: Find the WW membership that's best for you WW UK (weightwatchers.com)</p> <p>Self-referral: Welcome to Slimming World Achieve your weight loss dreams</p> <p>Apps: Download Apps on Google/Android Play Store or iPhone App store</p>
National Diabetes Prevention Programme (Healthier You Programme)	<ul style="list-style-type: none"> Pre-diabetes treatment intervention HbA1c 42-47 mmol/mol or fasting glucose 5.5-6.9 mmol/l (within last 2yrs) 	<ul style="list-style-type: none"> Free programme and delivered over 9 months (By Reed wellbeing) Behavioural intervention is underpinned by three core goals. <ul style="list-style-type: none"> ➢ achieving a healthy weight 	Referral via the existing e-referral System (e-RS) by GP or healthcare professional.

	<ul style="list-style-type: none"> • If a history of gestational diabetes can still be referred even if HbA1c <42 or fasting glucose <5.5 • Age > 18 • Not pregnant 	<ul style="list-style-type: none"> ➢ achievement of dietary recommendations ➢ achievement of CMO physical activity recommendations <ul style="list-style-type: none"> • Programme is made up of at least 13 sessions, with at least 16 hrs face to face contact time, spread across a minimum of 9m, with each session lasting 1-2hrs. • Different modes of delivery depending on patient preference. 	<p>A free-to-access e-module on the Healthier You programme is available for healthcare professionals.</p> <p>https://elearning.rcgp.org.uk/nhsdpp</p>
<p>Tier 2 National NHS Digital Weight Management Programme</p>	<ul style="list-style-type: none"> • BMI > 30 (27.5 for those of BAME groups) • Patients with HTN and/or diabetes • Age >18 • Not pregnant 	<p>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 & 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 via the existing e-referral System (e-RS). GP or local pharmacist can refer.</p> <p>Further information on the programme & register here: https://www.england.nhs.uk/digital-weight-management/. (Need ODS code)</p>
<p>Tier 2 Local Authority Commissioned Weight Management Programme (OVIVA)</p> <p>Available until 01/09/2024 Referral re-opened 1/4/24. (NB: referrals were suspended end of Sept</p>	<ul style="list-style-type: none"> • BMI > 25 Newcastle • Age >18. • Not pregnant. • No previous eating disorders. • Frail or comorbidities that prevent active engagement. 	<p>A free 12-week digital weight management programme. Service users can participate via an App, web-based platform, or telephone/video.</p> <p>At least 70 minutes of one-to-one dietitian coaching over 12 weeks, schedule to be decided with user. Users will have access to several learning resources focussing on diet, activity, and behaviour change.</p> <p>Focus on <u>sustainability</u> – free lifelong access to resources that are regularly updated.</p> <p>Available in 22 languages</p>	<p>Referral has been populated onto e-RS and should be sent to: ovivauk.t2wm@nhs.net.</p> <p>Patients can also self-refer directly on the Oviva website</p> <p>For more information on provider, see: https://oviva.com/uk/en/</p>

<p>2023 as oversubscribed – further funding obtained)</p>			
<p>Tier 3 Specialist Weight Management Service (SWMS)</p>	<ul style="list-style-type: none"> • BMI > 40* & engagement with a Tier 2 or equivalent service within the last 2 years • Or BMI > 35* with co-morbidities (CVD, DM or IGT, OSA, NAFLD, PCOS, OA) & engagement with a Tier 2 or equivalent service within the last 2 years. • Or BMI >50* • Not pregnant • No Bariatric surgery in last 2yrs • No uncontrolled active medical or unstable psychiatric disorder • No alcohol or substance misuse <p>* Tolerance of BMI 2.5 for at-risk groups: Black African, Caribbean & South Asian. NB: Tier 2 or equivalent includes local & national Tier 2 services, health coach sessions, PCN Dietetic input or private slimming group engagement.</p>	<p>Partial Tier 3 SWMS.</p> <p>To provide an MDT led approach to weight loss over a minimum of 6 months with face-to-face and virtual appointments available. Support around weight, diet, activity, and behaviour change.</p> <p>Unfortunately, this service has no current funding to prescribe GLP1s for weight loss. Any updates on this situation will be widely shared.</p>	<p>Referral via the existing e-referral System (e-RS) by GP</p>
<p>Tier 4 Specialist Weight Management Bariatric Service</p>	<ul style="list-style-type: none"> • BMI >40 or >35 with obesity related condition • Been through Tier 3 service. • Agree to long term FU after surgery i.e. maintaining lifestyle changes and regular check-ups <p>In practice, a referral to Tier 4 is usually recommended by the Tier 3 service to GP after successful completion of Tier 3 and then GP refers patient on to Tier 4 service</p>	<p>Most common types include:</p> <ul style="list-style-type: none"> • Gastric bypass (Roux en Y)- pouch created in fundus and directly connected to the small intestine to bypass the stomach. Aim is to feel fuller sooner & absorb less calories. • Sleeve gastrectomy- part of the stomach is removed so you cannot physically eat as much as before. <p>Gastric bands to reduce stomach size to promote earlier satiety are no longer a common procedure.</p>	<p>GPs refer in following recommendation from Tier 3 service having had at least 6m commitment.</p> <p>Newcastle – refer to Northumbria or Sunderland Bariatric Services</p>

<p>Collaborative Newcastle funded Low Calorie Diet (LCD) Pilot for patients with T2DM.</p>	<p>Supporting significant weight loss, medication reduction and, where possible, remission of type 2 diabetes (T2DM). – includes 12-week supply of meal replacement shakes.</p> <p>Inclusion criteria:</p> <ul style="list-style-type: none"> • T2DM diagnosed within last 6 years. • Aged 18-65yrs. • BMI $\geq 27\text{kg/m}^2$ ($\geq 25\text{kg/m}^2$ for non-White ethnicity) • Not on insulin <p>Exclusion criteria</p> <ul style="list-style-type: none"> • Current insulin user • MI/stroke in last 6 months, severe heart failure, severe renal impairment, acute liver disease • Pregnancy • Currently breastfeeding • HbA1c $> 87\text{mmol/mol}$ • Active eating disorder including binge eating • Has had bariatric surgery 	<p>The LCD is a clinically supervised diet plan, providing 800 calories per day in nutritionally complete meal replacement products.</p> <p>It has now changed from a group programme to a 1:1 support providing a full 12 months of support with 3 equally important stages:</p> <ul style="list-style-type: none"> • 12-week LCD (significant weight loss in a defined period) • Gradual food reintroduction/re-education • Support to find a personalised maintenance strategy. <p>Participants can opt for a face to face or online (Zoom) programme. Sessions are weekly for 4 weeks, then fortnightly to 5 months, then monthly to 12 months</p>	<p>Referral is open to all Newcastle GP practices.</p> <p>For in-practice support for</p> <ul style="list-style-type: none"> • Patient identification & screening • Referrals, including referral clinics and support with medication adjustment <p>Full information, including leaflets and posters, at HCP Newcastle (Momenta Newcastle.com)</p>
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Updated by the Community Dietetics Team, Newcastle Nutrition, Newcastle Hospitals NHS Foundation Trust. Information is correct at time of update. Any service queries please contact service providers directly. Any queries/comments about this document please notify the dietetics team: Tel 0191 2823557 Email tnu-tr.community.nutrition@nhs.net