



Healthy Weight Pathway Resource

**A resource for GPs, Health Practitioners
and Allied Health Professionals**

Version 2 - April 2024



Healthy weight pathway in County Durham

This is a resource to support GPs and healthcare professionals to refer and signpost patients to a weight management service, intervention or programme to suit their needs.

Please note: Most programmes as shown below are free for residents of County Durham or those registered with a County Durham GP surgery.

Tier 1 Tier 1 should be the first consideration, pages 4-7. Tier 2 services and eligibility are shown below, pages 8-11. Tier 3 and 4 pages 10-11.

						Tier 3
Eligibility	Wellbeing For Life	Desmond and Xpert	NHS Type 2 Diabetes Path to Remission	NHS Digital WMP	National Diabetes Prevention Programme (NDPP)	Weight and wellbeing programme
Age	16+	18+	18 – 65	18+	18+	18+
Pregnant	No	No	No	No	No	No
BMI criteria applies	Any BMI	Any BMI	BMI Restrictions	BMI Restrictions	Any BMI	BMI Restrictions
Other criteria apply	No	Patient with T2D	No	Other Criteria Apply	Other Criteria Apply	Other Criteria Apply
Duration	8 weeks plus follow up	1day/6 weeks	12 months	12 weeks	9 months	12 months
Delivery	Face to Face, group, online or telephone	Face to face/online	Online and face to face	Online	Online	Face to face
Referral route	GP/Self-referral www.wellbeingfor-life.net/get-in-touch cdda-tr.WBFL@nhs.net 0800 8766887	cddft.diabeteseducation@nhs.net	momenta.nenc-lcd@nhs.net	https://www.england.nhs.uk/dig	via the 3-RS system	cddft.weightandwellbeing@nhs.net

This resource provides information on weight management support services which are available to residents across County Durham, ranging from tier 1 interventions (universal) to tier 4 (bariatric surgery). It is a quick reference guide for use by GPs and healthcare professionals when discussing support options with patients. Please ensure patients meet the eligibility criteria prior to signposting into a service.

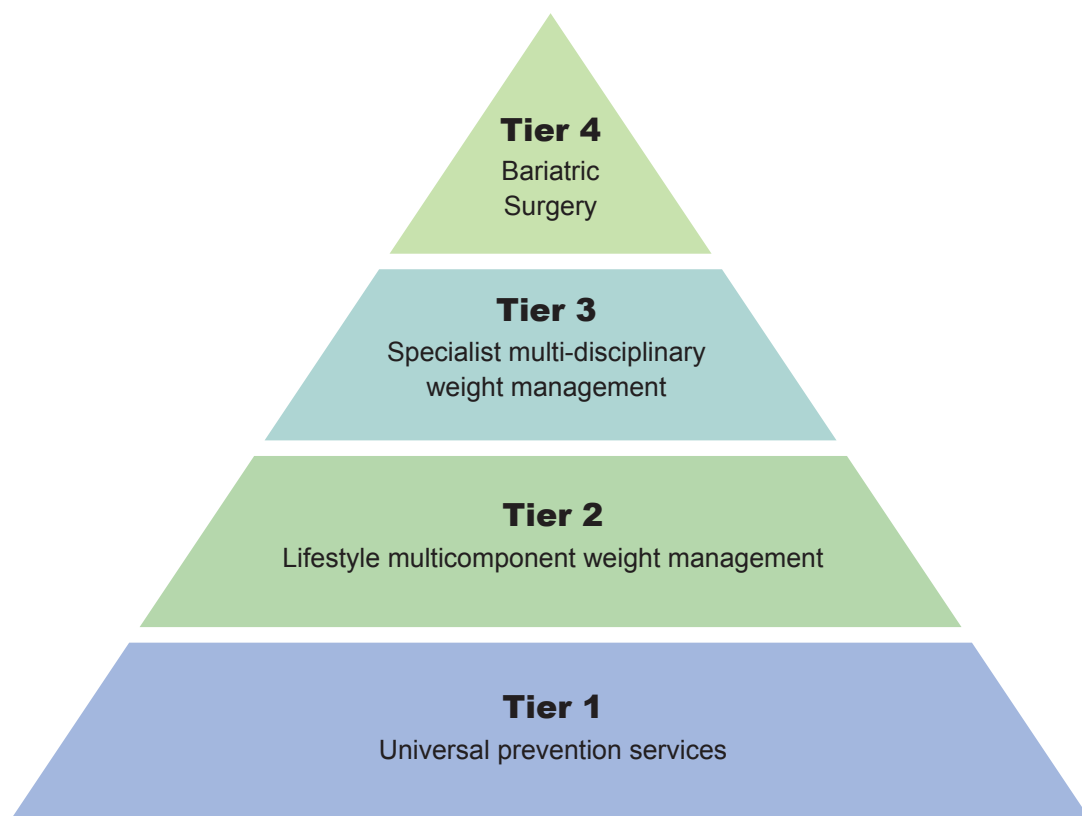
This information has been collated by Durham County Council in collaboration with partners from NHS County Durham and Darlington NHS Foundation Trust, Harrogate and District NHS Foundation Trust, County Durham Primary Care Network and North of England Commissioning Support. Information is correct at the time of publication but is subject to change without notice.

Eat well, Move well, Sleep well are the foundations to a healthy mind and body

How can we help?

County Durham partners are working to create the conditions which make it easier for our residents to develop and keep health promoting behaviours. This is referred to as a 'whole systems approach' to achieving and sustaining healthy weight. We will achieve this by working together, as every person and place is part of the solution to increasing healthy weight levels.

The triangle diagram demonstrates the Obesity Care pathway and the tier system to support referrals. Page 8 to 11 provides further criteria detail. The Public Health team should be your first point of contact.



Healthy weight check measures

Patients and service users can check to see if they are a healthy weight by using the NHS: BMI healthy weight calculator. Another important health indicator is waist measurement. This is a good way to check that a patient or service user is not carrying too much fat around the stomach and vital organs, which increases the risk of developing heart disease, type 2 diabetes and stroke.

What is a healthy waist size?

This all depends on a patient or service users' gender and ethnicity. A healthy measurement is to aim to be less than: 80cm (31.5in) for all women; 94cm (37in) for men (due to heightened risk of type 2 diabetes it is 90cm (35in) for Black or South Asian males.

Tier 1 support

There are a range of self-help options available that patients can access.



NHS Better Health Start for life

Healthy during and post pregnancy

Signpost to:

Courses to prepare for parenthood in County Durham – healthy behaviours
hdf.t.henrypractitioners@nhs.net

‘This Mum Moves’

<https://www.durham.gov.uk/article/17548/Baby-Buddy>

activepregnancyfoundation.org

Find out if there are Infant lead closed walking groups in your area of the county

Contact:

hdf.t.durhaminfantfeedingteam@nhs.net



Better Health - Healthier Families

Better Health - Healthier Families aims to help families eat well and move more. The Healthier Families link provided below includes a wide range of information to help families make small practical changes that fit with daily life. Tools, tips and apps can be found which enable families to track and monitor progress.

[Healthier Families - Home - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Cook Together \(betterhealth-healthierfamilies.co.uk\)](http://betterhealth-healthierfamilies.co.uk)

<https://www.youtube.com/watch?v=bKRacmtKka8>



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County Durham Fun and Food programme

The 'Fun and Food' programme in County Durham provides enriching activities and healthy food to children and young people during all school holidays. Signpost to the postcode lookup to search for Fun and Food activities.

<https://www.durham.gov.uk/article/25992/Use-the-postcode-lookup-to-search-for-Fun-and-Food-activities-in-your-local-area>

For more information, please signpost to:

www.durham.gov.uk/FunAndFood

 www.facebook.com/groups/funandfoodcountydurham

County Durham Growing Healthy Service



The County Durham's 0-25 Growing Healthy Service offer includes information and advice on eating well for new mothers, specialist support for those who are breastfeeding, and information and practical advice on introducing solid foods to babies.

For advice, support and guidance call 03000 263 538

[Growing Healthy County Durham - Harrogate and District NHS Foundation Trust \(hdft.nhs.uk\)](http://hdft.nhs.uk)



Active 30 Durham: Helping families in County Durham make every day an active day

Active 30 Durham has developed an online hub packed with physical activity resources to help support families to keep active.

www.countydurhamsport.com/active-30/



Thrive Active Junior

Thrive Active Junior is a membership for 11 – 15 year olds. It gives access to Durham County Council gyms and swimming pools. Members aged 14 and 15 years can also access some exercise classes with an adult chaperone. Membership also includes unlimited swimming (during public swimming times) at named leisure centres.

Please signpost to:

[Memberships \(thriveleisure.co.uk\)](http://thriveleisure.co.uk)



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HENRY is a universal service providing early support in developing health promoting behaviours through life.

Parent courses look at understanding the feelings and needs that underlie developing children's health behaviours. Encouraging eating well from the start to increase healthy weight levels.

The team accept all referrals where parents need support with everyday lifestyle and creating a happy and calm environment at home, so parents can feel more in control while being responsive to their children's needs.

Any queries on HENRY and referrals to the service please email hdfh.henrypractitioners@nhs.net

[Homepage](#) | HENRY

1. Henry Healthy families; in the making, antenatal programme

The programme offers practical and evidence-based information to support patients in preparation for parenthood. It helps expectant parents develop a healthy lifestyle for themselves and their baby, and helps prepare for birth, caring for a new baby and early feeding. It's also a great opportunity to meet other expectant parents and build friendships. This programme is accessed either face to face or online over 6 weeks

2. Henry Healthy families; Right from the Start programme (0-5 years)

3. Henry Healthy families; Growing Up Programme (6-11 years)

For the group programme, parents attend weekly sessions over an eight-week period at a community venue or attend 8 online sessions.

Parent online 90-minute workshops are available on the following topics:

- Henry starting solids
- Henry eating well for less
- Henry healthy teeth workshop
- Henry fussy eating workshop

Any queries on HENRY and referrals to the service please email

hdfh.henrypractitioners@nhs.net

[Homepage](#) | HENRY

NHS Better Health

For patients looking to lose weight, get active or quit smoking, NHS Better Health has lots of free tools and support including a free 12-week NHS weight loss plan which patients can download at

www.nhs.uk/better-health/

The free plan can help patients to create healthier eating habits and become more active.

Patients can also access the app www.nhs.uk/better-health/lose-weight/

Helping patients move more

Find ways for patients to be active at or outdoors for all levels:

[Homepage - Moving Medicine](#)

<http://www.sportengland.org/jointhemovement>

[Make your move](#)

Move

The programme offers a range of free and low-cost sessions including wellbeing walks, couch to 5k running groups, cycling, community classes, creative sessions, walking sports and more.

[Move \(thriveleisure.co.uk\)](http://thriveleisure.co.uk)

Referrals are not needed to access Move, but if you feel a patient/client would benefit from speaking to a member of our team you can refer via this link:

<https://forms.office.com/r/LFJ8tBXrZ0>

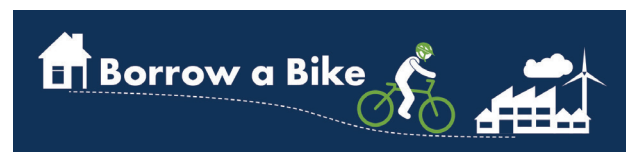


WE ARE UNDEFEATABLE

We Are Undefeatable

We Are Undefeatable is a movement supporting people with a range of long-term health conditions to find ways to be active that work for them and their health condition.

There are resources available to spread the campaign message and support people on their movement journey. The aim is to encourage people to find ways to be active that work with each persons' conditions. More information is available at: <https://weareundefeatable.co.uk>



Borrow a bike scheme

Free bike hire scheme to help people get to work, save money and stay healthy.

To find out where this scheme is available visit <https://www.durham.gov.uk/borrowabike>



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Tier 2 support

Wellbeing For Life County Durham



'Wellbeing For Life' helps clients increase knowledge and skills to improve health outcomes including healthy eating, smoking cessation, alcohol reduction and mental wellbeing and resilience. The service is for anyone 16 years + and of any BMI. Self-referral or GP referral is accepted. The programme is an 8-week behavioural change programme, with follow up. Delivery takes place face to face or, video and telephone support. Group activity takes place across various community venues in County Durham.

Patients can self-refer or find more information by contacting the hub on the FREEPHONE number 0800 8766887 or email: cdda-tr.WBFL@nhs.net Alternatively complete the enquiry form using the link and one of the team will be in touch: www.wellbeingforlife.net/get-in-touch

Desmond and Xpert

Diabetes Information and Education Team:
Structured Education for patients with Type 2 diabetes

Eligibility Diabetes: Patients with Type 2

Criteria: HbA1C 48 and above

Duration: DESMOND course - 1 day

X-PERT course: 6 sessions x 2.5 hours per week

Delivery: Group/face to face and online for X-PERT; group - face to face for DESMOND

Referral route: Referral through GP Practice

Team email address:

cddft.diabeteseducation@nhs.net

NHS Type 2 Diabetes Path to Remission

For patients who have been diagnosed with T2D within the last 6 years.

Age: 18 – 65

BMI: BMI of $\geq 27\text{kg/m}^2$ (adjusted to $\geq 25\text{kg/m}^2$ in people of BAME origin)

Patients have a choice of online or in-person support. The total diet replacement meals are provided free of charge to the participant and the equipment that we use throughout the programme are of no cost to the referring Practice.

A Three phase programme:

- 12-week low-calorie dietary pattern (replacing all normal meals with soups, shakes and porridges totalling 800-900 calories per day)
- Gradual restart 'real food' meals over six weeks
- Participant receives ongoing support for the last 8 months to help maintain or continue weight loss
- Referral route:
Email - momenta.nenc-lcd@nhs.net
- Further information:
[North East & North Cumbria: NHS Type 2 Diabetes Path to Remission - Momenta Newcastle](#)

NHS Digital Weight Management Programme (DWMP)



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.

Patients will only be able to access this programme if they have a smartphone or computer with internet access. The library service provides free public access to the internet in 39 libraries across County Durham.

The referral to the programme should be made via the e-RS system using the relevant template. For further information visit: <https://www.england.nhs.uk/digital-weight-management/>

NATIONAL
DIABETES
PREVENTION
PROGRAM

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 e-RS system using the relevant template.

Referral 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
- Does not have confirmed diagnosis of type 2 diabetes

Tier 3 support

Weight and Wellbeing programme

This free local Specialist Community Weight Management

programme offers face to face advice and support to adults wanting to lose weight in a healthy way. We can help your patients to improve their health and wellbeing as well as supporting them to maintain the weight they lose.

When your patient is motivated to change, this service is here to help them take manageable steps to improve their lifestyle behaviours. The programme is delivered using a combination of one to one and group interventions for a minimum of 6 months up to a maximum of 12 months for:

- Patients with a BMI of 30kg/m²–34.9kg/m² who have recent-onset type 2 diabetes (<10 years) who wish to consider bariatric surgery
- Patients with a BMI of 35kg/m² to 40kg/m² in the presence of significant co-morbid condition(s) that may improve with significant weight loss
- Patients with a BMI of 40kg/m² and over
- 18 years +
- Do not have a bariatric procedure in place
- Not pregnant
- Patient has tried all appropriate tier 1 and 2 interventions but has not achieved adequate clinically beneficial weight loss



The service is delivered by a multidisciplinary team at various community locations across County Durham and Darlington.

People may have complex eating stories and complex needs, so it is helpful to have all relevant information included in referrals. Consider whether the person you are referring has sufficient stability in their mental health to enable them to engage with a self-management approach.

If your patient is motivated and meets the eligibility criteria please make referrals for the Weight and Wellbeing Programme.

Referrals can be made directly through Choose and Book by a GP or suitably trained and competent GP practice or PCN health professional.

For more information you can contact Bal Hubery, Patient Pathway Coordinator on Tel: 01325 743948 or 07971895032 or email the service at

cddft.weightandwellbeing@nhs.net

Tier 4 support

Weight loss surgery is a treatment option for people who are living with overweight. Check if your patient meets the referral criteria:

- 18 years +
- BMI of 40 kg/m² or more
- BMI between 35 kg/m² and 40 kg/m² and have significant disease (for example type 2 diabetes or high blood pressure) that could be improved with weight loss
- Patient has tried all appropriate non-surgical measures but has not achieved or maintained adequate, clinically beneficial weight loss
- Received and completed intensive weight management support in the Tier 3 Weight and Wellbeing service, is generally fit for anaesthesia and surgery and can commit to long term follow up

The service is delivered by a multidisciplinary team at either The University Hospital of North Durham or Darlington Memorial Hospital and offers support from the following:

- Consultant Bariatric Surgeon
- Specialist Bariatric Nurse
- Specialist Bariatric Dietician
- Psychologist

Once patients have attended the out-patient appointments with the surgeon or nurse, dietitian and possibly the psychologist, their case will be discussed at a Multi-disciplinary Team Meeting (MDT). If the team agrees the patient is suitable for surgery (because they have made the required changes – making appropriate lifestyle changes leading to weight loss, understand the effects of bariatric surgery to their lifestyle and are fit for a general anaesthetic), then they will go on the waiting list for bariatric surgery.

For more information you can contact Bal Hubery, Patient Pathway Coordinator on Tel: 01325 743948 or 07971895032 or email the service at

cddft.weightandwellbeing@nhs.net

Making Every Contact Count

Making every contact count (MECC) is for those people who may engage in health improvement conversations. These conversations could be with friends, family, colleagues, community members, clients and service users for example and are based in behaviour change practices. This training explores the basics of behaviour change by having conversations around a variety of health and wellbeing topics from financial wellbeing to smoking cessation and domestic abuse to mental health.

For further information on MECC and to book a training session for your organisation please email:

cdda-tr.CBS@nhs.net

For signposting and resources to share please visit:

<https://www.meccgateway.co.uk/nenc/new>



Dietary Advice Prompt sheet for Health care professionals



Wholegrains



Small hand full of Nuts and/seeds



3+Vegetables



2+ Fruits



Legumes 3 tablespoons+ i.e., beans, chickpeas, lentils, peas

Global Nutrition Report



www.globalnutritionreport.org/resources/nutrition-profiles/europe/northern-europe/united-kingdom-great-britain-and-northern-ireland/



✓ **'Eat a rainbow'** plate of colourful veggies - rich in nutrients



✓ Bread, wraps, pasta, rice, (advise wholegrain) noodles, weetabix, oats



✓ Meat, fish, poultry, tofu, legumes - eat a protein source at every meal/snack (includes dairy products)



✓ Milk, cheese, yoghurt and soya alternatives - advise low fat



✓ Vegetables, nuts and seeds - eat a variety of unsalted nuts and seeds (small portions)



✓ Fruits - tinned, frozen and fresh

Prompts

Fruit and Vegetables

Question Do you get minimum of 5 a day (3+ vegetables /2+fruits)

Tip Discuss variety as key

Question Do you think you eat enough Fibre food sources?

Tip Discuss nuts/wholegrains (aim for 30g of fibre per day)

Tips To increase fibre

- Choose a high fibre no added sugar breakfast cereal such Weetabix, shredded wheat or oats
- Go for wholemeal or seeded breads and choose wholegrains like wholewheat pasta, spaghetti, bulgur wheat or brown rice (try mixing white and brown at first to gradually introduce)
- Go for potatoes with their skins on, such as a baked potato, sweet potato or boiled new potatoes
- Use wholemeal and seeded versions of pitta, wraps etc.
- Add beans, lentils or chickpeas to stews, curries and salads
- Try mixing a few spoons of red lentils and half the meat in your spaghetti bolognese, curries, stews etc.
- Include plenty of vegetables with meals, either as a side dish or added to sauces, stews or curries



The Eatwell Guide can help patients in making healthier choices, meal planning, shopping and eating out of home and shows the proportions of the main food groups that form a healthy dietary pattern.

[The Eatwell Guide - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Find all resource County Durham eating well resource links and data at:

[InstantAtlas Durham – Healthy Weight \(durhaminsight.info\)](http://durhaminsight.info)

Additional support for health and wellbeing

Stop Smoking

A 12-week individual quit programme to include weekly tailored advice and support from a Specialist Practitioner to help plan and manage your quit attempt. Partnered with the NHS, local pharmacies, and a range of other organisations.



Contact: smokefreelife.countydurham@nhs.net

0800 772 0565 or 0191 369 2016 or text DURHAM to 62277

County Durham Drug and Alcohol Recovery Service

If you are concerned about your own levels of drinking or that of someone you know or care for, please refer directly to County Durham Drug and Alcohol Recovery Service by phoning 03000 266 666 or visiting:

[County Durham Drug and Alcohol Recovery](https://www.codurhamdrugalcoholrecovery.co.uk)

[\(\[codurhamdrugalcoholrecovery.co.uk\]\(https://www.codurhamdrugalcoholrecovery.co.uk\)\) County Durham Drug and Alcohol Recovery \(\[codurhamdrugalcoholrecovery.co.uk\]\(https://www.codurhamdrugalcoholrecovery.co.uk\)\)](https://www.codurhamdrugalcoholrecovery.co.uk)



Signpost patients for tips to reduce alcohol consumption to the Drink Coach app **DrinkCoach**

Mental health support for adults

Around 1 in 4 people will experience a mental health problem this year and a quarter of people will experience a mental health problem at some point in their life.

See our Mental health and emotional support for adults in County Durham leaflet for a great starting point to help you access support:

www.durham.gov.uk/media/34804/Mental-health-and-emotional-support-for-adults-in-County-Durham/pdf/FamiliesMentalHealthSupportBooklet.pdf?m=637490851871000000

Durham Mental Wellbeing Alliance

Mental health support for children, young people and families.

There is local and national support available to help support children, young people and families with mental health issues. The following link is a great starting point to signpost as help to access support:

www.durham.gov.uk/media/34873/Mental-health-and-emotional-support-for-children-young-people-and-families-in-County-Durham/pdf/MHRainbowGuideSept2021.pdf?m=637672173898000000



Durham Locate

Find a list of local support groups and organisations at:

www.durhamlocate.org.uk

Please signpost patients who are unable to find help in other ways or email communityhub@durham.gov.uk



Family Hubs

Family Hubs can support children, young people and families, from early pregnancy up until the young person reaches the age of 19 years (or 25 years if the young person has a disability). They're able to offer advice and practical help across all aspects of family life - in pregnancy and as a new parent, getting a job and building your skills, relationships and staying healthy and safe. For advice, support and guidance call 03000 261 111 or access further information about what is on offer via Family Hubs - [Durham County Council](#)



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Email: publichealth@durham.gov.uk