

Tier 2 Weight Management Services

The Weight Management Enhanced Service includes payment for referral (£11.50 per referral) to any of the following eligible services:

Service	Eligibility criteria for the service	Service Description	How to refer into the service
NHS Digital Weight Management Programme	<ul style="list-style-type: none"> • BMI over 30 or 27.5 for those of Black, Asian and other minority ethnic groups • Aged 18 years and over • Not pregnant • Patients with hypertension and/or diabetes. <p>This service should be the default option for this cohort of patients.</p>	<p><u>Summary (description, cost, format and location)</u></p> <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 and 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 by a suitably trained and competent GP practice or PCN healthcare professional.</p> <p>Referral via the existing e-referral System (e-RS).</p> <p>Further information on the programme and how to refer: https://www.england.nhs.uk/digital-weight-management/.</p>
National Diabetes Prevention Programme (Healthier You Programme)	<ul style="list-style-type: none"> • Aged 18years and over • Not pregnant • HbA1c must be between 42-47 mmol/mol or Fasting Plasma Glucose between 5.5-6.9 mmols/l and dated within the last 24 months. • If the patient has a history of Gestational Diabetes Mellitus (GDM) then HbA1c can be below 42 or FPG below 5.5. <p>Any adult with a blood test within the last 24 months indicating NDH (and not known to have diabetes) can be directly referred to the Healthier You programme.</p>	<p><u>Summary (description, cost, format and location)</u></p> <ul style="list-style-type: none"> • Programme is free and delivered over a 9 month period. • Behavioural intervention is underpinned by three core goals: <ul style="list-style-type: none"> ➢ achieving a healthy weight ➢ achievement of dietary recommendations ➢ achievement of CMO physical activity recommendations • The programme is made up of at least 13 sessions, with at least 16 hours face to face contact time, spread 	<p>GP referral via primary care and self-referral available until September 2021 through Diabetes UK know your risk. Diabetes UK – Know Your Risk of Type 2 diabetes</p> <p>A free-to-access e-module on the Healthier You programme is available for healthcare professionals. https://elearning.rcgp.org.uk/nhsdpp</p>

		<p>across a minimum of 9 months, with each session lasting between 1 and 2 hours.</p> <ul style="list-style-type: none"> • Currently being delivered via telephone or group video conference, or online through apps and websites 	
National Diabetes Prevention Programme – Low Calorie Diets	<ul style="list-style-type: none"> • Minimum age of 18 years, Maximum age of 65 years • Diabetes & BMI >27 + within first 6 years of diagnosis (attract incentive payment where BMI is >30). • If on diabetes medication, HbA1c 43 mmol/mol or higher • If on diet alone, HbA1c 48 mmol/mol or higher • In all cases, HbA1c must be 87 mmol/mol or lower • Those referred onto programmes should have attended for monitoring and diabetes review in the last 12 months, including retinal screening, and commit to continue attending annual reviews, even if remission is achieved. <p><i>PLEASE NOTE – due to COVID HBA1C not currently needed</i></p> <p>Exclusion criteria</p> <ul style="list-style-type: none"> • Current insulin use • Pregnant or planning to become pregnant during next 6 months. • Currently breastfeeding. • Significant co-morbidities 	<p>The NHS low calorie diet (NHS LCD) programme consists of total diet replacement (TDR) approaches that have been shown in RCTs to help some people with Type 2 diabetes achieve non-diabetic glycaemic levels when being off all diabetes medication (commonly referred to as remission).</p> <p>Free to service user, NHS England covers Provider costs so no cost to ICS.</p> <p>Service users will follow a diet composed solely of nutritionally-complete TDR products, with total energy intake of up to 900 calories, for up to 12 weeks, followed by a period of food reintroduction and subsequent weight maintenance support, with total duration of 12 months.</p> <p>The following Integrated Care Systems (ICS) offer the below: (please check what is available to your practice).</p> <p>Humber Coast & Vale ICS – DIGITAL offer</p>	<p>Referrals will come predominantly from GP practices (identified through system searches).</p>

	<ul style="list-style-type: none"> • Cancer • heart attack or stroke in last 6 months • severe heart failure (defined as New York Heart Association grade 3 or 4) • severe renal impairment (most recent eGFR less than 30mls/min/1.73m2) • active liver disease (not including non-alcoholic fatty liver disease (NAFLD)) • active substance use disorder / eating disorder • porphyria • known proliferative retinopathy that has not been treated. • Recent weight loss greater than 5% body weight / on current weight management programme / had or awaiting bariatric surgery (unless willing to come off waiting list) 	<p>South Yorkshire and Bassetlaw ICS – Face 2 Face/1-1- currently virtual in response to COVID pandemic.</p> <p>North East and North Cumbria ICS - <u>Expansion site set to start in Jan 2022 –</u> requested Face 2 Face group (awaiting confirmation)</p> <p>West Yorkshire ICS – <u>Expansion site set to start in Jan 2022–</u> requested digital (awaiting confirmation)</p>	
LA commissioned Tier 2 Service(s)	<ul style="list-style-type: none"> • Aged over 18 years • Body Mass Index (BMI) > 25 <p>Information to be populated locally</p>	<u>Summary (description, cost, format and location)</u>	
Tier 3 Specialist Service for N'land patients	<p>Age >18 BMI >=30 C0-morbidities BMI>=28</p>	<p><u>Summary (description, cost, format and location)</u></p> <p>Due to the service being delivered face to face in group scenarios, all the groups were stood down due to the pandemic. We have since have had vacancies in dietetics and psychology serve notice (resource provided from neighbouring organisation CNTW) therefore we currently do not have the staffing in post to be able to resume the</p>	<p>Age >18 BMI >=30 C0-morbidities BMI>=28</p>

		<p>service. The patients on the waiting list are being contacted by a Dietitian for an initial assessment to establish what the patients needs are now and are referred onto local Tier 2 if applicable. If the patients still requires Tier 3 we keep them on the waiting list. We have recruited a full time Dietitian who is currently on trust induction and will be trained by our NT colleagues to become part of the Dietetics element of the Tier 3 service.</p>	
Tier 4 Specialist Service			<p>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.</p>