

# Weight management services in North Tyneside

This resource has been created by North Tyneside Council in collaboration with Northumbria NHS Healthcare Trust and the ICB (Integrated Care Board). Information is correct as of the time of publication (September 2023) but is subject to change. **Patients must be a resident of North Tyneside or be registered with a North Tyneside GP surgery and should be assessed on a case-by-case basis before being directed to the most appropriate intervention.**

## Tier 1

### **NHS Better Health / Better Health Families**

For those looking to lose weight, get active, drink less, snack swap, shop smarter etc; the Better Health programme has lots of tools you can use for free. Search 'NHS Better Health' or 'Better Health Families'.

### **Active North Tyneside**

Activities and programmes to get people moving more which are either free or low cost and are suitable for all interests and fitness. Find out more: [www.activenorthtyneside.org.uk](http://www.activenorthtyneside.org.uk)

### **Healthier weight during and after pregnancy: Active Bump, Birth, Baby**

Antenatal and postnatal programmes designed to help pregnant women and new mums to be physically active. Examples include an antenatal water-based class and postnatal pilates. For more information visit [www.activenorthtyneside.org.uk/bump-birth-baby](http://www.activenorthtyneside.org.uk/bump-birth-baby)

### **Healthier weight during and after pregnancy: This Mum Moves**

The Active Pregnancy Foundation offers lots of support for during and after pregnancy: [www.babybuddyapp.co.uk/this-mum-moves](http://www.babybuddyapp.co.uk/this-mum-moves)

## Tier 2

Please see overleaf for information on tier 2 support.

## Tier 3

### **Specialist Weight Management Programme**

A free 12 month specialist service (incorporating dietetics, physical activity and psychology) for:

- Those with a BMI > 35 (32.5 for Black, Asian and ethnic minority backgrounds)
- Those aged 18+ who aren't pregnant
- Those without a current or previous bariatric procedure in place

Offering one-to-one and group-based interventions face to face or online the programme encourages sharing of weight/eating/activity stories, becoming more physically active, identifying sustainable dietary changes, overcoming psychological barriers and developing a personalised plan.

Consider whether the patient has sufficient stability with their mental health to engage with a self-management approach.

Referrals to be made by phone or email to **0191 293 4251 / [nhc-tr.healthyhearts@nhs.net](mailto:nhc-tr.healthyhearts@nhs.net)** (self-referrals are not accepted).

For more information, visit [www.northumbria.nhs.uk](http://www.northumbria.nhs.uk) and search 'North Tyneside specialist weight management'

## Tier 4

Patients 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.

## Tier 2

### Support for families with children: Healthy4Life

A free weight management programme for families with children (aged 4-13) who are residents, or pupils of a North Tyneside school. The child/children's BMI must be  $\geq$ 91st centile (priority will be given to those  $\geq$ 98th centile). Over the course of 10 weeks in sessions after school, families will learn how to make healthy lifestyle changes.

Contact: **0191 643 7454 / CHAT@northtyneside.gov.uk**

### Support for adults

An opportunity for patients to create connections with like-minded people going through the same experience in a supportive group environment. Places on all programmes are limited and strict eligibility criteria applies.

Programme	Duration	BMI criteria	Notes
Slimming World	12 weeks	$\geq$ 27.5	Patient cannot have self-funded in the previous three months
Body Benefits (locations vary)	12 weeks	$\geq$ 27.5-35	For dates, times and locations contact Active North Tyneside
Body Benefits - Learning Disabilities	10 weeks	$\geq$ 25	
12th Man programme	14 weeks	$\geq$ 27.5	Males only

For all programmes deduct 2.5 from the lower BMI threshold for patients with Black, Asian and ethnic minority background.

Patients are required to self-refer onto these programmes - a printable PDF containing referral information is available at [www.activenorthtyneside.org.uk/wm-hcprofessionals](http://www.activenorthtyneside.org.uk/wm-hcprofessionals)

- Slimming World: **01773 483 256**
- The 12th Man: **foundation.health@nufc.co.uk**
- Body Benefits programmes: **0191 643 7171 / active@northtyneside.gov.uk**

### NHS Digital Weight Management Programme

Online access to weight management services for those living with obesity. For patients who have a BMI  $\geq$ 30 and diagnosed diabetes or hypertension (or both). The BMI threshold is  $\geq$ 27.5 for those with Black, Asian and ethnic minority backgrounds. Patients will only be able to access this programme if they have internet access. For further info: [www.england.nhs.uk/digital-weight-management](http://www.england.nhs.uk/digital-weight-management)

Referrals to be completed via the e-RS system (self-referrals are not accepted).

### NHS Diabetes Prevention Programme (DPP)

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. Patients can be supported face-to-face, digitally (via app/online) or remotely (via video call).

For further information visit: <https://healthieryou.reedwellbeing.com/gp-information>

Referrals using templates in the e-RS system (self-referrals available - after eligible blood test, by telephoning **0800 092 1191**).

Eligibility criteria: adults (18+ years) with no diabetes diagnosis, not pregnant at time of referral and at least one of the following:

- (in the past 12 months) HbA1c between 42-47 mmol/mol or FPG between 5.5-6.9 mmol/l
- 20+ on Diabetes UK Know Your Risk (KYR) score
- women with previous diagnosis of gestational diabetes and (in the past 12 months) HbA1c  $<$ 42 mmol/mol or FPG  $<$ 5.5 mmol/l