

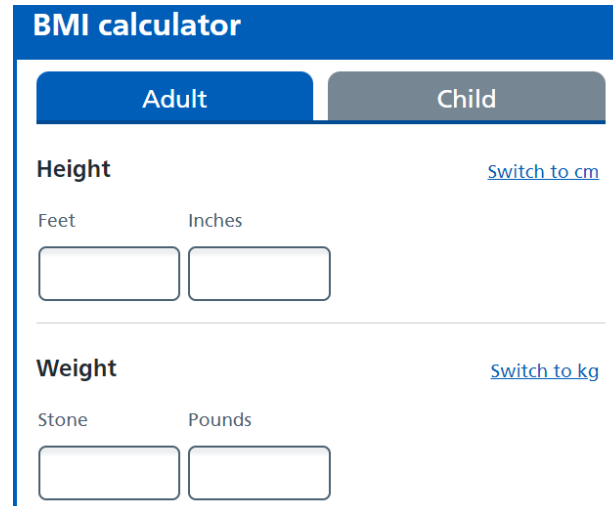
The NHS Digital Weight Management Programme

NHS England and NHS Improvement



Obesity in the UK and London

- Obesity is a medical condition that increases the risk of other health conditions, such as high blood pressure, type 2 diabetes, joint problems and other heart disease
- It's estimated to affect around 1 in every 4 adults and around 1 in every 5 children aged 10 to 11, and figures post-pandemic are showing rising numbers
- London has also seen a larger increase in obesity prevalence compared to other regions, with increases in childhood obesity prevalence in those of reception and year 6 respectively, compared to other regions (NCMP 2021)



The image shows a screenshot of the NHS BMI calculator. At the top, there is a blue header with the text "BMI calculator". Below this, there are two tabs: "Adult" (which is selected and highlighted in blue) and "Child". Under the "Adult" tab, there are two sections: "Height" and "Weight". The "Height" section has two input fields for "Feet" and "Inches", and a link "Switch to cm". The "Weight" section has two input fields for "Stone" and "Pounds", and a link "Switch to kg".

The most widely used method to check if you're a healthy weight is body mass index (BMI).

BMI is a measure of whether you're a healthy weight for your height. You can use the [NHS BMI healthy weight calculator](#) to work out your score

Losing weight is one of the best ways to improve your health

- By being a healthy weight you:
 - Decrease risk of common cancers (colon, liver, pancreas, kidney)
 - Lower risk of increased blood pressure
 - Reduce risk of heart disease
 - Less risk of developing diabetes
 - Less strain from chronic back and joint pain
 - Decreased risk of being hospitalised or becoming seriously ill with COVID-19

(NHS Better Health Campaign 2022)

The DWMP provides flexibility for individuals accessing weight management services

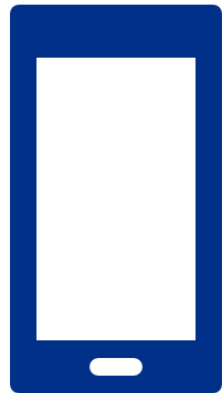


The Digital Weight Management Programme (DWMP)

- Behavioural & lifestyle interventions delivered over 12 consecutive weeks
- For adults living with obesity plus a diagnosis of diabetes or hypertension or both
- Available via all General Practices in England
- Option for service users to participate via an App or web-based platform
- Free to use



The DWMP provides three levels of intervention delivered by contracted commercial service Providers



Level 1



Level 2

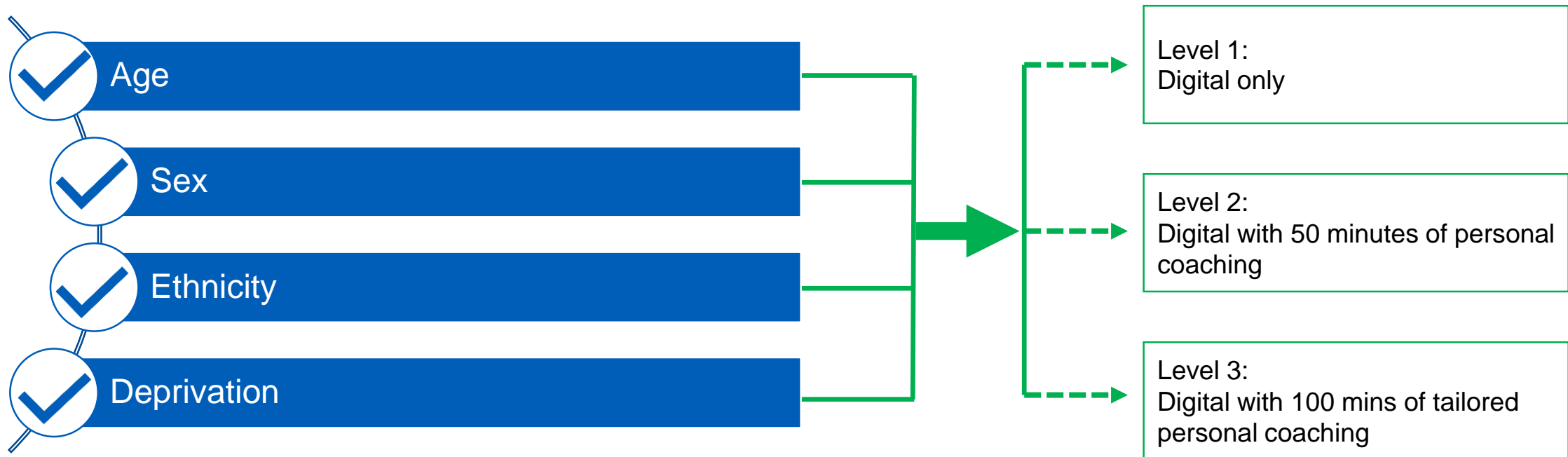


Level 3

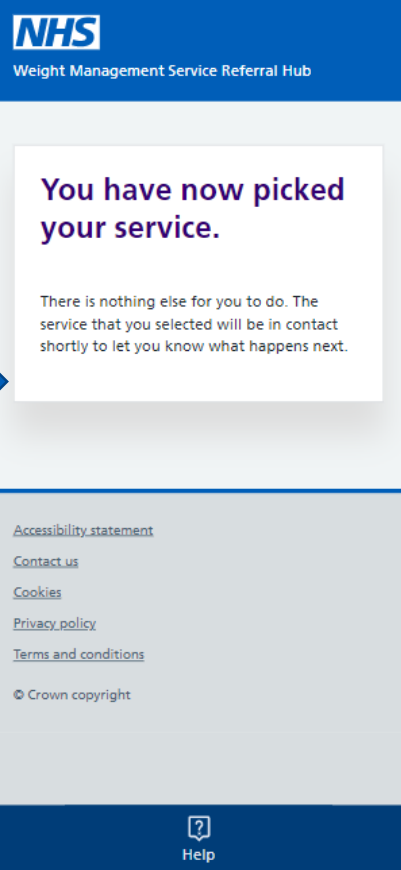
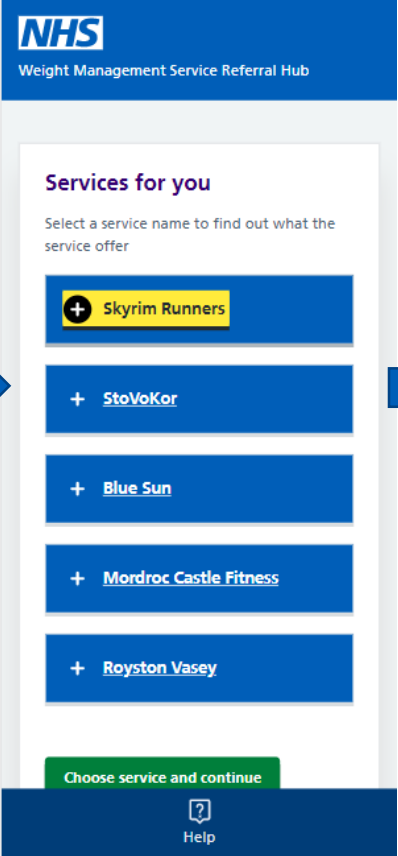
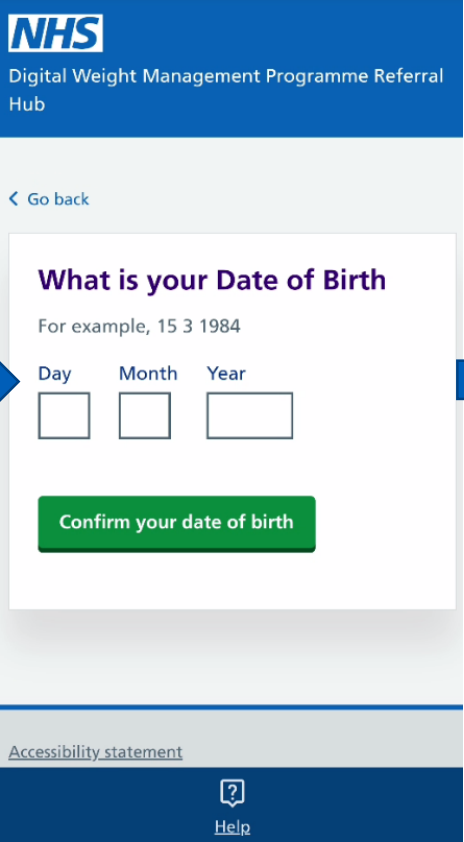
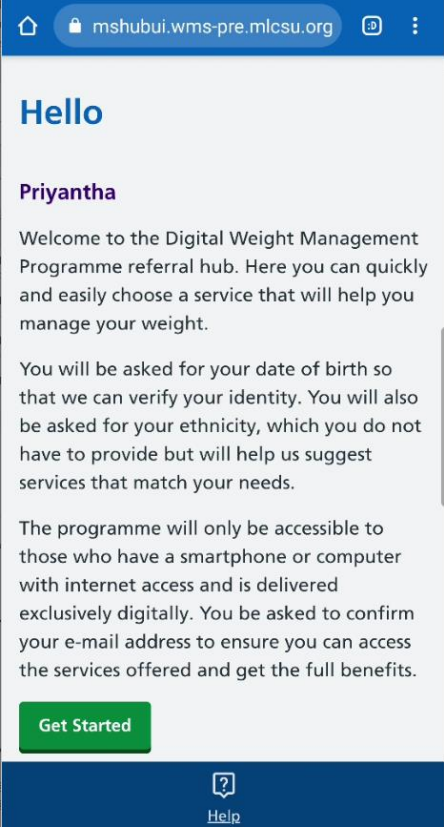
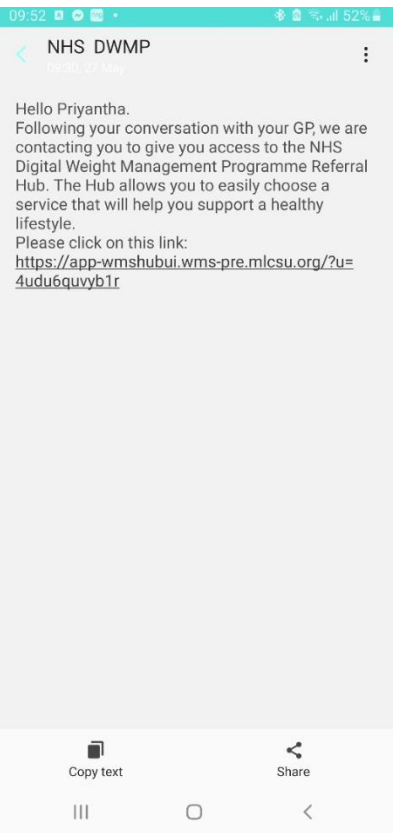
The DWMP Referral Hub triages people to the most appropriate intervention level



Designed by NHSEI the triage tool assigns people based on the likelihood of non-completion of the programme (based on data from the NHS Diabetes Prevention programme). It aims to ensure those least likely to complete are offered a higher level of intervention and support.



The DWMP Referral Hub facilitates and supports Service User choice



Text message received
~2 days after referral



Chosen Provider
contacts ~7-10 days
after selection

The DWMP referral hub provides a choice of weight management providers at each Level of support



Level 1:
Digital content
Only

Morelife

Slimming World

Second Nature

Xyla Healthcare

Level 2:
Digital content with
personal coaching

Morelife

Oviva

Xyla Healthcare

Level 3:
Digital content with tailored
personal coaching

Liva Healthcare

Second Nature

Xyla Healthcare

Service Users can contact their chosen Provider if they have any problems, or queries

- **MoreLife:** email address associated with our help desk is : mylifeplan@more-life.co.uk
- **Second Nature:** support line is 020 3488 0769.
- **Oviva:** 02076224777 and email address is ovivauk.t2wmengland@nhs.net
- **Liva:** central number is: [+44 \(0\)203 8580767](tel:+442038580767) and support centre email account is: healthcoach@livahealth.com
- **Xyla:** mywellbeingway.support@xylahealth.com.
- **Slimming World:** designated number for the scheme: 01773 302478

The DWMP is receiving positive feedback

Emma's NHS Digital Weight Management Story

"The programme was very helpful, particularly having access to a dietician they were friendly and helpful and answered all of my questions even if I thought they were silly. I felt able to ask them. I would definitely recommend the programme to someone else. It encouraged me to try a diet option that I didn't think I would be able to get on with. However, it was brilliant and was actually very easy to follow so long as I was organised."

"I have lost one stone since starting the programme"



Angela's NHS Digital Weight Management Story

"I found out about the programme through a diabetes nurse. I joined the programme because I have a disabled husband and I have grandchildren. I wanted to come off the medication that I was on and wanted to improve my health. I wanted to make sure I was fit and healthy to look after my husband and grandchildren."



"It gave me the confidence to realise that I can do this and that the changes are sustainable"

Danielle's NHS Digital Weight Management Story

"I discovered the programme through working at the NHS, we receive a weekly wellbeing leaflet and there was a link to access the NHS weight loss programme. I wasn't sure if I should join initially but found that the weight loss programme was really good. If you are not sure where to start, it is the perfect tool to become healthier and get to a healthy weight zone."



Key messages

- Obesity levels are rising – it affects children as well as adults
- Losing weight is one of the best ways to improve your health
- DWMP is a programme that can provide tailored support for you to begin your journey
- **There are other programmes available on the NHS**