



We are
safe and
healthy

NHS

**NHS
DIGITAL WEIGHT
MANAGEMENT
PROGRAMME**



NHS Digital Weight management Programme



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Background

- 62% of adults are living with overweight or obesity in England, of which 25% are living with obesity.
- Obesity is a serious health concern that increases the risk of many other health conditions, including Type 2 Diabetes, cardiovascular disease, joint problems, mental health problems, and some cancers.

Losing weight isn't easy, but it can be more achievable with the right support for you



Who is eligible for the programme?

- Over the age of 18
- Has a BMI of 30+ (adjusted to ≥ 27.5 for people from Black, Asian and ethnic minority backgrounds)
- AND Has a diagnosis of diabetes (Type 1 or Type 2) or hypertension or both.



NHS Digital Weight management Programme I

- 12-week weight management programme
- Available on your smartphone, tablet or computer (50/100 minutes of human coaching based on triage)
- Offers **structured support**
- To help you make positive changes to your health.
- Support you to develop:
 - Healthier eating habits,
 - Be more active
 - Lose weight



NHS Digital Weight management Programme II

Access to different providers:

- Slimming World
 - MoreLife Ltd
 - Second Nature
 - Xyla Healthcare
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- Each Provider App/Web Platform incorporates motivational content, access to a digital peer support group, nutrition, planning activities, cooking advice and cultural and religious appropriate recipes, advised on physical activity and general health education.



How to access the programme

Contact Church End Medical Centre for
assessment and referral if eligible



What about people who may not be able to use an online programme?

It is recognised that a digital programme will not be accessible by all, nor be the most desirable or effective way for others to access weight management services. The NHS Digital Weight Management Programme expands the choice of weight management services for a particular cohort of people



Alternatives

- Healthy 40-74 patients are eligible to NHS H/C at Church End Medical Centre every 5 years
- Patients with Diabetes, Pre-Diabetes (NDH) or High blood pressure are eligible for annual health check including blood test
- Patients with Pre-Diabetes (NDH) are eligible to participate on the NHS Diabetes Prevention Programme
- Patients with Diabetes (Must meet certain criteria) are eligible to participate on the REWIND programme (**R**educing **W**eight with **I**ntensive **D**ietary **S**upport)

