

# Weight management services for Hampshire residents

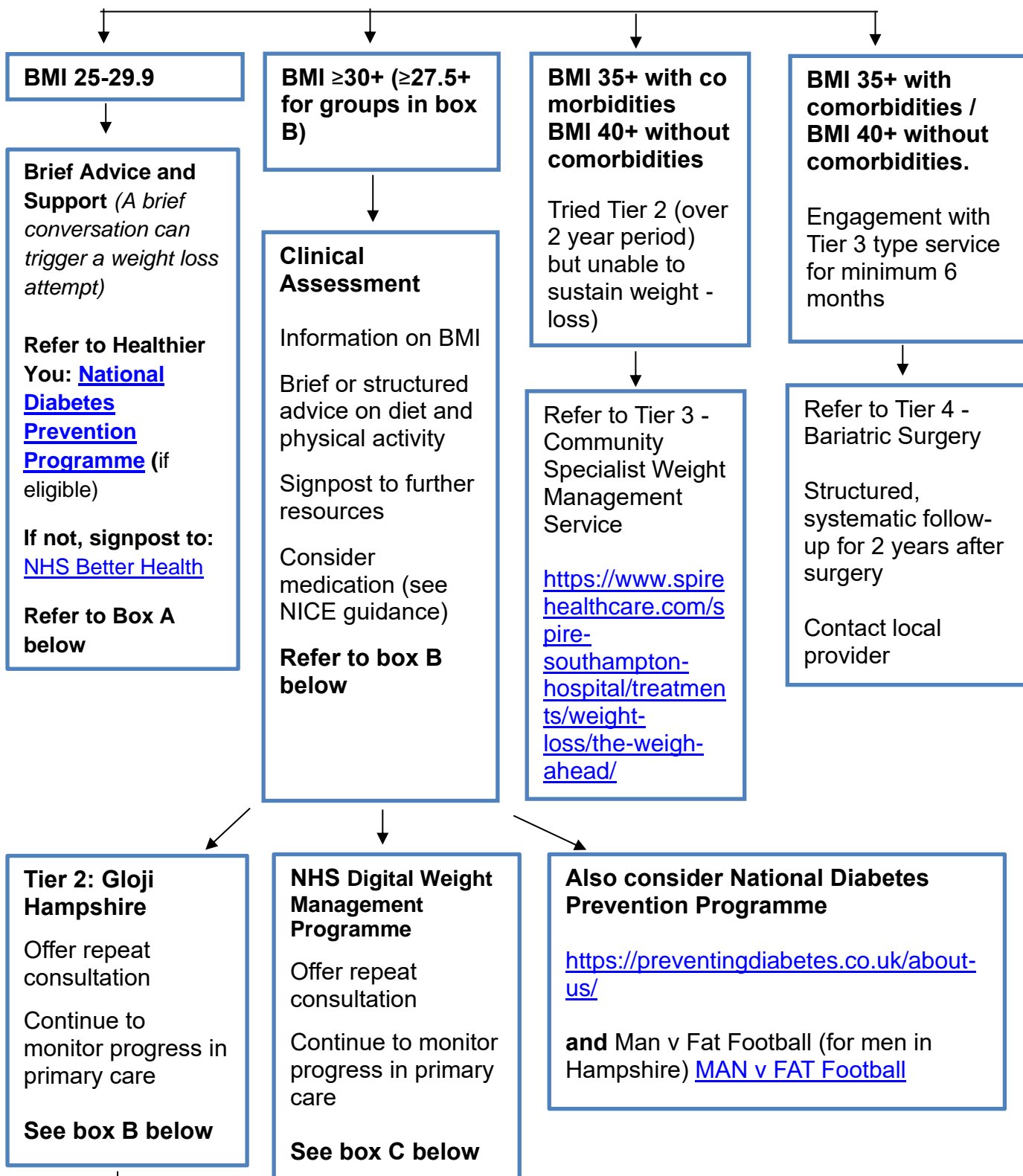
## Primary care pathway from 1<sup>st</sup> July 2023



Hampshire  
County Council

GPs and other primary care staff are ideally placed to support long term weight management

Patient aged 18+<sup>1</sup> years attends primary care



Referral forms can be accessed on your patient record database or at: [www.hampshire.gloji.org.uk](http://www.hampshire.gloji.org.uk)

<sup>1</sup> 16 & 17 year olds with GP consent

**Box A: Self help resources for individuals**

- NHS Better Health: [lose weight](#)
- [NHS Live Well](#): NHS advice about healthy living, including eating a balanced diet, healthy weight and exercise
- NHS Better Health: [healthier families](#)

**Box B: Referral to Tier 2 weight management: Gloji Hampshire****Criteria:**

- Aged 18 year or over (16- & 17-year-olds with GP consent)
- Be identified as living with obesity (BMI  $\geq 30$  or  $\geq 27.5$  for \*Black, Asian and ethnic minority groups or have a long term condition)
- Resident of Hampshire or be registered with a Hampshire GP (excluding Southampton/Portsmouth)
- Not have a known eating disorder; be pregnant or have accessed the same service in the previous 12 months

**To refer:** Forms will be available on your patient record system (SystemOne or EMIS for example). The patient will then be contacted by the provider to access the service and be offered face to face, digital or physical activity based support.

The referral form is also available at: [www.hampshire.gloji.org.uk](http://www.hampshire.gloji.org.uk)

**Box C: NHS Digital Weight Management Programme**

Free digital support for adults BMI 30+ (27.5 Black, Asian and ethnic minority groups) plus diabetes and/or high blood pressure, to help manage their weight or improve their health.

Behavioural and lifestyle interventions delivered over 12 consecutive weeks via App or web-based platform. Referrals through e-referral (e-RS).

[The NHS Digital Weight Management Programme Patient Leaflets](#)

**Resources and support for practitioners**

- [NICE guidance](#) on overweight and obesity
- BMJ learning modules including: [Ask an expert: child and adult obesity online course](#)
- E-learning for Health obesity modules: [Obesity – e-learning for healthcare](#) and [All Our Health](#)
- An online BMI calculator and other weight management support/information is available at: [Start the NHS weight loss plan](#)