Weight management services for Hampshire residents Primary care pathway from 1st July 2023



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

Patient aged 18+1 years attends primary care BMI 25-29.9 BMI ≥30+ (≥27.5+ BMI 35+ with co BMI 35+ with for groups in box morbidities comorbidities / B) BMI 40+ without BMI 40+ without comorbidities comorbidities. **Brief Advice and** Support (A brief Tried Tier 2 (over Engagement with conversation can 2 year period) Tier 3 type service Clinical trigger a weight loss but unable to for minimum 6 attempt) Assessment sustain weight months loss) Information on BMI Refer to Healthier You: National Brief or structured **Diabetes** Refer to Tier 4 advice on diet and Refer to Tier 3 -**Prevention** Bariatric Surgery physical activity Community **Programme (if** Specialist Weight Signpost to further eligible) Structured, Management resources systematic follow-Service If not, signpost to: up for 2 years after Consider **NHS Better Health** surgery https://www.spire medication (see healthcare.com/s NICE guidance) Refer to Box A Contact local pirebelow provider Refer to box B southamptonbelow hospital/treatmen ts/weightloss/the-weighahead/ **NHS** Digital Weight Also consider National Diabetes Tier 2: Gloji Management **Prevention Programme Hampshire Programme** Offer repeat https://preventingdiabetes.co.uk/about-Offer repeat consultation us/ consultation

See box B below

monitor progress in

Continue to

primary care

Continue to monitor progress in primary care

See box C below

and Man v Fat Football (for men in Hampshire) MAN v FAT Football

Referral forms can be accessed on your patient record database or at: www.hampshire.gloji.org.uk



Box A: Self help resources for individuals

NHS Better Health: <u>lose weight</u>

• NHS Live Well: NHS advice about healthy living, including eating a balanced diet, healthy weight and exercise

• NHS Better Health: <u>healthier families</u>

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 ≥30 or ≥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

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: <u>Start the</u> NHS weight loss plan