

Thank you for your query regarding weight management. You may have seen on the media about the new 'weight loss jabs' or Mounjaro. Mounjaro is the brand name for the drug Tirzepatide, this is an injection which is administered weekly, subcutaneously into the skin.

Tirzepatide is licensed for treating both type 2 diabetes and, since December 2024, for helping adults with obesity to lose weight. However, a licence is only the first step and how the drug will be supplied on the NHS is determined by organisations outside of the GP surgery. This includes teams such as the National Institute for Clinical Excellence (NICE), NHS England and local Integrated Care Boards (ICB).

Whilst we understand there is a growing number of patients who are keen to commence this medication for weight loss, this is not something we can currently facilitate at Newton Drive Health Centre. This letter explains the current position for **weight loss** and for **type 2 diabetes**. Please read the section that applies to you.

### Type 2 Diabetes

The criteria for being prescribed this medication is as follows;

Tirzepatide is recommended for treating type 2 diabetes alongside diet and exercise in adults when it is insufficiently controlled only if:

- Triple therapy with metformin and 2 other oral antidiabetic drugs is ineffective, not tolerated or contraindicated, and
- They have a body mass index (BMI) of 35 kg/m<sup>2</sup> or more, and specific psychological or other medical problems associated with obesity, or

they have a BMI of less than 35 kg/m<sup>2</sup>, and:

- Insulin therapy would have significant occupational implications, or
- Weight loss would benefit other significant obesity-related complications.

If you are diabetic, you meet the criteria and it is something which the Practice Nursing team feel is an appropriate medication for you, please know that this will be discussed in your review appointments.

### Weight Loss

Tirzepatide (brand name Mounjaro®), will be available to NHS patients nationally from 23 June 2025.

In Lancashire and South Cumbria, while some people **may** currently qualify for the medication based on national eligibility criteria, **it will not be available locally just yet**.

**Please do not contact your GP as they are currently unable to help.**

#### Contact

Newton Drive Health Centre  
Newton Drive  
Blackpool  
FY3 8NX



#### GP Partners

Dr Jill Murray  
Dr Susan Green  
Dr Daniel Fernandes

## Who is eligible?

The first group of people eligible under the national criteria includes individuals who:

- Have a Body Mass Index (BMI) of 40 kg/m<sup>2</sup> or more (or 37.5 kg/m<sup>2</sup> for people from minority ethnic family backgrounds)

And have at least four of the following long-term conditions:

- Non-diabetic hyperglycaemia or type two diabetes
- Hypertension (high blood pressure)
- Dyslipidaemia
- Established cardiovascular disease
- Obstructive sleep apnoea (formally diagnosed)

## Local roll out

The ICB are currently looking at the options for a new specialist weight management service to cover Lancashire and South Cumbria. This service is being designed in response to feedback from local people about what matters most to them:

- Choice: Both face-to-face and online support and access to a range of treatment options.
- Accessibility: A service that is easy to access and inclusive.
- Timely: Access to services when they are needed most without long waiting lists.
- Holistic: A service that helps people change their relationship with food for the better.

The ICB are listening. That is why they are taking the time to build a sustainable model that reflects the priorities of local people and will serve Lancashire and South Cumbria for the long term. 2

## What is next?

The ICB are working as quickly as possible to ensure they have sustainable services available in Lancashire and South Cumbria.

Here at Newton Drive Health Centre, we offer a wide range of services related to weight loss. This includes slimming world referrals, digital weight management and advice and treatment from James, our own Health and Wellbeing Coach.

If you would like to speak to a member of the team regarding the weight management services offered by Newton Drive Health Centre, please contact the surgery via PATCHs.

Many thanks for your enquiry.

## ***Newton Drive Health Centre***

The information in this letter is correct as of **19/06/2025**.

### Contact

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