

We are receiving multiple requests for patients who are hoping to receive weight loss injections. There are very strict criteria to receive these on the NHS.

GPs can currently only prescribe these for weight loss to patients who have a body mass index (BMI, a measure of your weight against your height) of 40 or more, and also have 4 of the following medical conditions:

- Hypertension (high blood pressure)
- Dyslipidaemia (high cholesterol)
- Cardiovascular disease (stroke, heart attack, angina, peripheral vascular disease)
- Obstructive sleep apnoea
- Type 2 diabetes

If you do not have a BMI of 40+ and 4 of the conditions listed above, you will not be able to receive an NHS prescription for weight loss injections, and we would ask you not to contact us about it at this time. At some point next year, patients with a BMI of 35-39.9 will also qualify but they will still need to have been diagnosed with 4 of the above conditions.

We will be contacting those patients who are eligible in due course. If you do think that you may qualify, please wait for us to get in touch and please be aware we will only be authorised to prescribe the medication if you have already completed another weight loss programme (such as the NHS Digital Weight Management Service or the Diabetes Prevention Programme).

There are other things that you can do to help with your weight. We would strongly recommend that weight is addressed through a healthy diet and, where possible, increasing physical activity. Most patients who contact us for help have tried several diets and activity boosting drives previously, and it can be frustrating when these don't succeed.

There is help available through the NHS website, the NHS weight loss app is particularly good. Information can be found here:

<https://www.nhs.uk/better-health/lose-weight/>

The page that offers advice regarding what to eat at mealtimes when trying to lose weight is very useful:

<https://www.nhs.uk/better-health/lose-weight/healthy-eating-when-trying-to-lose-weight/>

People living in Worcestershire can also seek help through Healthy Worcestershire and can self-refer by visiting their website:

<https://healthyworcestershire.org.uk/>

In particular, Healthy Worcestershire offer a free 12-week online weight management course. Here are the details:

<https://healthyworcestershire.org.uk/nutrition-and-lifestyle/>

If you have a body mass index of 30 or more and have either diabetes or hypertension then you are eligible for the NHS Digital Weight Management Programme. If you want to try this, please let your practice know and a referral can be arranged.

Details can be found here:

<https://www.england.nhs.uk/digital-weight-management/how-to-access-the-programme/>

The weight loss injections currently on the market work by boosting a hormone called GLP-1. This has an important role in regulating blood sugar, controlling appetite and slowing digestion. Making the dietary changes outlined in the links above can help boost your natural GLP-1 levels, particularly reducing sugar, increasing fibre and eating meals high in protein. Other lifestyle measures can help, such as being physically active, managing stress levels and getting sufficient sleep.

Some people are choosing to acquire weight loss injections privately, paying for the medication themselves. Should you choose to do this, it is up to the organisation prescribing the injection to determine if it would be appropriate for you to use and the Wyre Forest Health Partnership will not be involved in this decision-making process. Please be aware that weight loss injections can reduce the effectiveness of oral hormonal medication taken as contraception or as part of hormone replacement therapy. So, if you are using these medications and you do decide to seek a private prescription for weight loss injections, you will need to discuss this with the private provider.