

Weight Management Services

The Weight Management Enhanced Service includes payment for referral (£11.50 per referral) to any of the following eligible services (only one referral per patient may be claimed under the Enhanced Service):

Service	Eligibility criteria for the service	Service Description	How to refer into the service
NHS Digital Weight Management Programme	<ul style="list-style-type: none"> BMI over 30 or 27.5 for those of Black, Asian and other minority ethnic groups Age 18+ Not pregnant Patients with hypertension and/or diabetes. <p>This service should be the default option for this cohort of patients.</p>	<ul style="list-style-type: none"> Free 12-week digital weight management programme. Service users can participate via an App or web-based platform The service is delivered across 3 levels of intensity. <ul style="list-style-type: none"> ➤ Level 1 – access to digital content only. ➤ Levels 2 and 3 – access to digital content, plus a minimum of 50mins (level 2) or 100mins (level 3) of human coaching. The system triages service users to the most appropriate level of support. 	<p>Referral by a suitably trained and competent GP practice or PCN healthcare professional.</p> <p>Referral via the existing e-referral System (e-RS).</p> <p>Further information on the programme and how to refer: https://www.england.nhs.uk/digital-weight-management/</p>
National Diabetes Prevention Programme (Healthier You Programme)	<ul style="list-style-type: none"> Age 18+ Not pregnant HbA1c must be between 42-47 mmol/mol or Fasting Plasma Glucose between 5.5-6.9 mmols/l and dated within the last 24 months. 	<ul style="list-style-type: none"> Free 9-month period programme Behavioural intervention is underpinned by three core goals: <ul style="list-style-type: none"> ➤ achieving a healthy weight ➤ achievement of dietary recommendations 	<p>GP referral via primary care and self-referral available until September 2021 through Diabetes UK know your risk.</p> <p>Diabetes UK – Know Your Risk of Type 2 diabetes</p>

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	<ul style="list-style-type: none"> If the patient has a history of Gestational Diabetes Mellitus (GDM) then HbA1c can be below 42 or FPG below 5.5. <p>Any adult with a blood test within the last 24 months indicating NDH (and not known to have diabetes) can be directly referred to the Healthier You programme.</p>	<ul style="list-style-type: none"> ➤ achievement of CMO physical activity recommendations The programme is made up of at least 13 sessions, with at least 16 hours face to face contact time, spread across a minimum of 9 months, with each session lasting between 1 and 2 hours. Currently being delivered via telephone or group video conference, or online through apps and websites 	<p>A free-to-access e-module on the Healthier You programme is available for healthcare professionals. https://elearning.rcgp.org.uk/nhsdpp</p>
<p>National Diabetes Prevention Programme – Low Calorie Diets</p>	<ul style="list-style-type: none"> Age 18-65 Diabetes & BMI >27 + within first 6 years of diagnosis (attract incentive payment where BMI is >30). If on diabetes medication, HbA1c 43 mmol/mol or higher If on diet alone, HbA1c 48 mmol/mol or higher In all cases, HbA1c must be 87 mmol/mol or lower Those referred onto programmes should have attended for monitoring and diabetes review in the last 12 months, including retinal screening, and commit to continue 	<ul style="list-style-type: none"> The NHS low calorie diet (NHS LCD) programme consists of total diet replacement (TDR) approaches that have been shown in RCTs to help some people with Type 2 diabetes achieve non-diabetic glycaemic levels when being off all diabetes medication (commonly referred to as remission). Free to service user Service users will follow a diet composed solely of nutritionally complete TDR products, with total energy intake of up to 900 calories, for up to 12 weeks, followed by a period of food reintroduction and 	<p>Referrals will come predominantly from GP practices (identified through system searches).</p>

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	<p>attending annual reviews, even if remission is achieved.</p> <p><i>PLEASE NOTE – due to COVID HBA1C not currently needed</i></p> <p>Exclusion criteria</p> <ul style="list-style-type: none"> • Current insulin use • Pregnant or planning to become pregnant during next 6 months. • Currently breastfeeding. • Significant co-morbidities • Cancer • heart attack or stroke in last 6 months • severe heart failure (defined as New York Heart Association grade 3 or 4) • severe renal impairment (most recent eGFR less than 30mls/min/1.73m²) • active liver disease (not including non-alcoholic fatty liver disease (NAFLD)) • active substance use disorder / eating disorder • porphyria • known proliferative retinopathy that has not been treated. 	<p>subsequent weight maintenance support, with total duration of 12 months.</p> <ul style="list-style-type: none"> • Face 2 Face/1-1- currently virtual in response to COVID pandemic. 	

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	<ul style="list-style-type: none"> Recent weight loss greater than 5% body weight / on current weight management programme / had or awaiting bariatric surgery (unless willing to come off waiting list) 		
Barnsley Premier Leisure (BPL) Wellbeing Service	<ul style="list-style-type: none"> Age 18+ Body Mass Index (BMI) 25-40 Registered at a Barnsley GP <p>Exclusion criteria</p> <ul style="list-style-type: none"> Any heart and/or lung disease Any unstable or uncontrolled medical condition 	<ul style="list-style-type: none"> Free to service user 12-week BPL Membership (including access to all 5 sites, fitness classes and swimming) Initial one-hour assessment and follow up 1:1 appointment on weeks 4, 8 and a final review on week 12. Access 1 group nutrition session per week Free 12-weeks access to BPL home workout portal, 'Your Space At Home' After the 12-week course, attendees can access a discounted BPL membership 	<p>GP referral via primary care and self-referral available.</p> <p>Referral form can be sourced in clinical systems under – 'BPL Referral Form'</p>
Barnsley Tier 3 Change4Life weight management service	<ul style="list-style-type: none"> Age 16+ BMI >35kg/m² with 2 or more co-morbidities i.e., Type 2 diabetes, Hypertension etc. BMI > 40 kg/m² without co-morbidities Meets national referral criteria for bariatric surgery and age 18+: 	<ul style="list-style-type: none"> Specialist weight management service to support obese individuals to achieve a healthier weight. Medical assessment of patients, treatments and lifestyle changes such as improved diet, increased physical activity, behavioural interventions, low and very low- 	<p>Referral form can be sourced in clinical systems and emailed to: Tier3.admin@nhs.net</p>

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	<ul style="list-style-type: none"> ➤ BMI > 30kg/m² – only if the patient has Type 2 diabetes and they are requesting bariatric surgery to manage their weight loss ➤ BMI >35 with co-morbidities ➤ BMI >40 without co-morbidities ➤ No specific uncontrolled metabolic or psychological reason for obesity • Antenatal Weight Management (For pregnant women with a BMI over 30kg/m²) <p>Exclusion criteria</p> <ul style="list-style-type: none"> • Clients with unstable or severe mental problems, on the learning disability register or physical illness beyond the expertise of Primary Care • Clients with severe active eating disorders 	<p>calorie diets, pharmacological treatments, psychological support and the consideration of referral for bariatric surgery if clinically appropriate.</p> <ul style="list-style-type: none"> • One-to-one community clinics across the borough and out-of-hours clinic once a week. • Information session on bariatric surgery for patients interested in learning more about bariatric surgery as an option to lose weight. 	
<p>Tier 4 Specialist Service</p>	<ul style="list-style-type: none"> • Aged 18+ • Has accessed Tier 3 Weight Management Services previously • BMI > 30kg/m² – only if the patient has Type 2 diabetes and they are 	<ul style="list-style-type: none"> • Bariatric surgery 	<p>Referral via Tier 3 Weight Management Service.</p> <p>Tier 3 will assess the patient to ensure they are</p>

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	requesting bariatric surgery to manage their weight loss <ul style="list-style-type: none"> • BMI >35 with co-morbidities • BMI >40 without co-morbidities • No specific uncontrolled metabolic or psychological reason for obesity 		appropriate prior to referral to Tier 4.