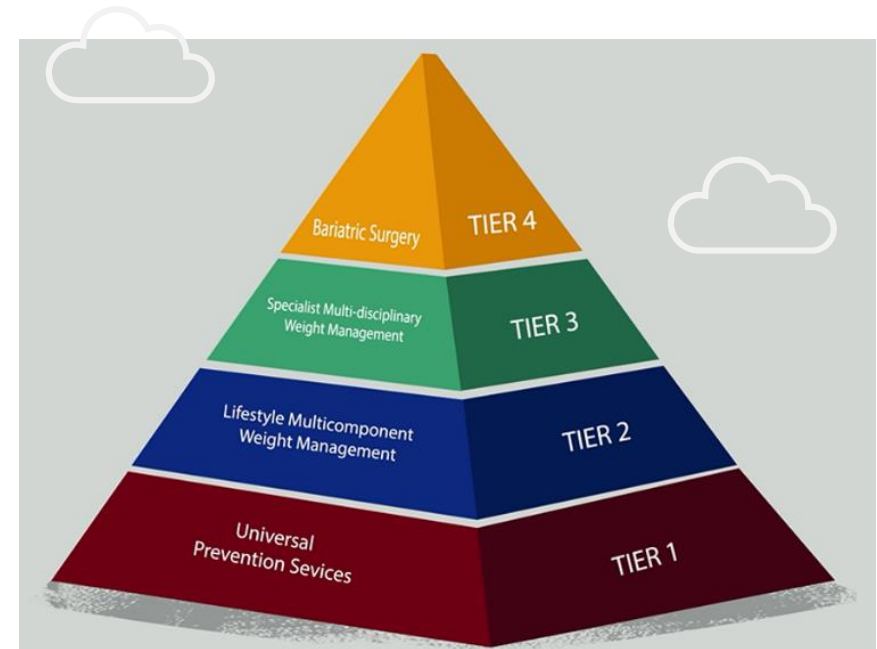
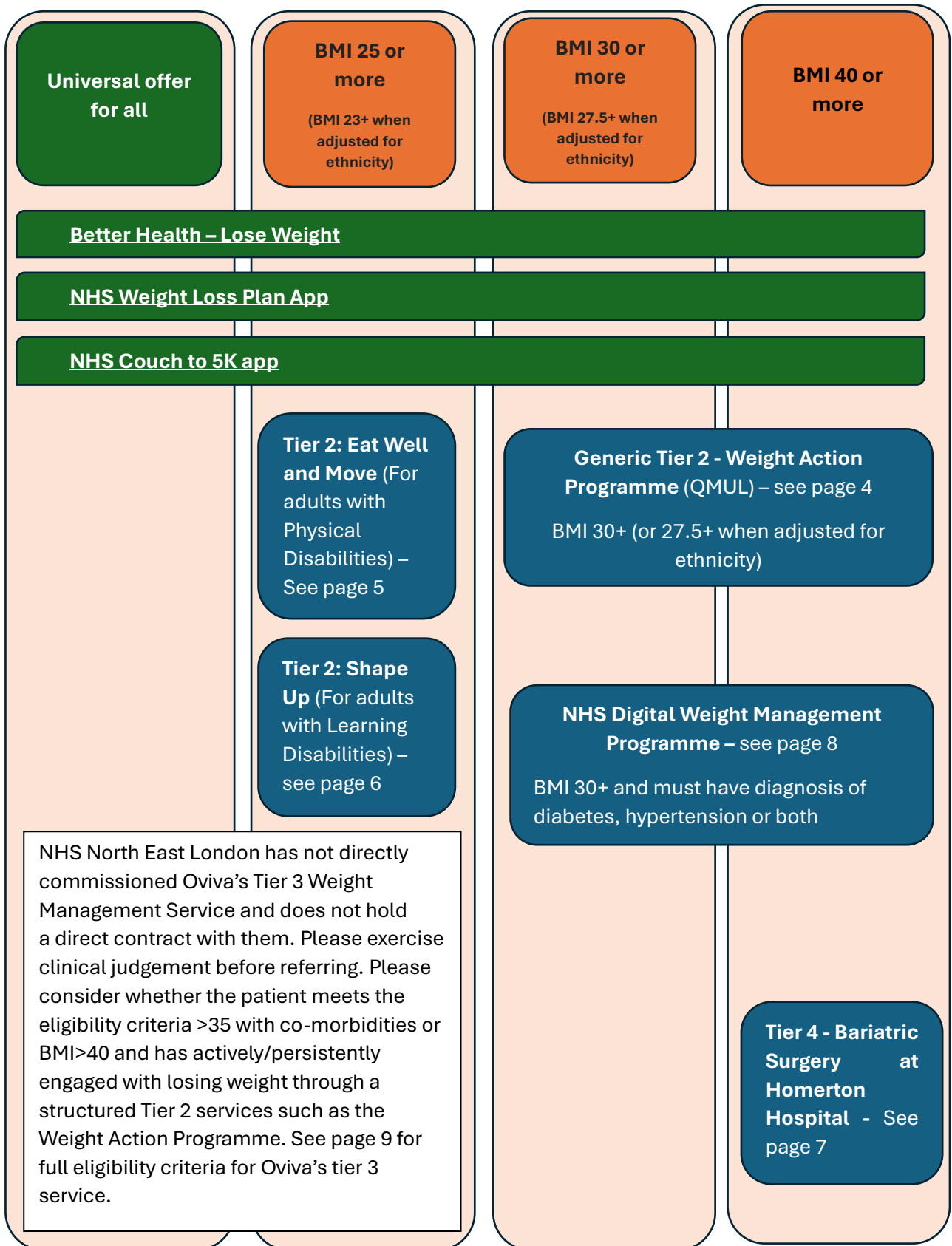


# Tower Hamlets Adult Weight Management Services – A Guide for Healthcare Professionals

## Tiered approach to Weight Management in Tower Hamlets

There are different tiers or levels of weight management services. These different tiers cover different activities. Tier 1 services are universally available such as the NHS Better Health site, Couch to 5K app, Be Well Leisure Service. Tier 2 services are advised for those where self-care does not work, through a free 12-week diet, physical activity and behaviour change programme delivered by health professionals. If tiers 1 and 2 have not worked, tier 3 weight management services offer a more intensive non-surgical approach to help you lose weight. With Tier 4 offering surgical management to help lose weight.





*Tier 3: A NEL-wide Tier 3 Phase 1 Weight Management Service with is currently being commissioned. Further details TBC.*



Service	Target Population	Overview	Length	Eligibility Criteria	Who can refer	Referral route
<b>Tier 1: NHS Better Health – Lose Weight</b>	General population with overweight/obesity	The Better Health – Lose Weight page provides tools to help people manage their weight loss – from checking their BMI, to getting access to free support tools including the NHS weight loss plan.	N/A	N/A	N/A	<a href="#">Lose weight - Better Health - NHS</a>
<b>Tier 1: NHS Weight Loss Plan app</b>	General population with overweight/obesity	<p>The free NHS 12-week weight loss plan, available both online and via a new app, promotes evidence based safe and sustainable weight loss.</p> <p>The plan is broken down into 12 weeks so the service user can:</p> <ul style="list-style-type: none"> <li>• set weight loss goals</li> <li>• plan meals</li> <li>• make healthier food choices</li> <li>• get more active and burn more calories</li> <li>• record activity and progress</li> </ul>	12 weeks	<ul style="list-style-type: none"> <li>• 18 years old and over</li> <li>• Have a BMI of 25 or more (adjusted to 23.5 or more for Asian, Black and other ethnic minority backgrounds)</li> </ul>	Freely available to download from App Store or Google Play	<a href="#">Lose weight - Better Health - NHS</a>



<p><b>Tier 2 Generic:</b></p> <p><a href="#">Weight Action Programme by Queen Mary University of London</a></p>	<p>All Tower Hamlets residents with overweight/obesity</p>	<p>Free 12-week in-person or online (Via Zoom) programme run by specialist from the Health and Lifestyle Research Unit. Over the first 8 weeks of the course, clients are given a series of tasks (based on weight loss strategies that have been evaluated in the local population i.e. 5:2 and time restricted eating) to trial for 1-week if that particular method is working for them. This proves a good chance of finding at least some routines that can be adapted long-term. Tasks are then practiced for another four weeks under supervision. Clients work on their tasks with ‘buddies’ and report to the group on both successes and failures. Also, throughout the course, there is a gradual increase in exercise targets tailored to client needs and capacity.</p> <p>N.B. This is a multi-component intervention focusing on behaviour change, diet and exercise as per NICE guidance. There is no provision of weight loss medications within the service.</p>	<p>12 weeks</p>	<ul style="list-style-type: none"> <li>• Age 18 years and older</li> <li>• Be a Tower Hamlets resident (or registered with a GP in Tower Hamlets) or work or study in Tower Hamlets</li> <li>• Have a BMI of 30 or more or a lower BMI of 27.5 for south Asian residents</li> </ul>	<p>Trained health care professional</p> <p>Or</p> <p>Patient self-referral (requires calculation of BMI)</p>	<p>How to refer in GP?</p> <ul style="list-style-type: none"> <li>• EMIS Direct Referral function: Find Local Services function on the patient → Weight Management Referral – Tower Hamlets → ‘TH Stop Tobacco Service/Weight Action Programme’</li> <li>• Please fill in BMI and ethnicity fields</li> </ul> <p>Or</p> <ul style="list-style-type: none"> <li>• Send the completed referral form via EMIS ‘Weight Action Programme Referral form TH CEG (RP) v2’ to <a href="mailto:BHNT.smokersclinic@nhs.net">BHNT.smokersclinic@nhs.net</a>.</li> </ul> <p>Self-referral details to register for the course:</p> <ul style="list-style-type: none"> <li>• <a href="https://www.surveymonkey.com/r/7WQQVJ3">https://www.surveymonkey.com/r/7WQQVJ3</a> to book onto the course</li> <li>• If you have any questions, text 07860040277 or email: <a href="mailto:wap@qmul.ac.uk">wap@qmul.ac.uk</a></li> </ul>
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<p><b>Tier 2 Specialist:</b></p> <p><a href="#">Eat Well &amp; Move - Ability Bow</a></p>	<p>All Tower Hamlets residents with overweight/obesity and living with physical disabilities.</p>	<p>Free 12-week healthy living programme provided through small group exercise and nutrition sessions with one-to-one support available. The programme aims to increase physical activity levels with support from expert instructors and develop healthy eating habits by working with a dietitian to manage your weight.</p> <p><a href="#">Eat Well and Move - Youtube</a></p>	<p>12 weeks</p>	<ul style="list-style-type: none"> <li>• Age 18 years and older</li> <li>• Tower Hamlets resident, registered with a GP, live, work or study in TH.</li> <li>• People with physical disabilities: A physical impairment limiting mobility or a sensory disability (cognitive, hearing, speech, visual) and / or a chronic or daily life limiting health condition.</li> <li>• Overweight or obese (BMI greater than 25.0). Or lower BMI of 23 if Asian, Black and other ethnic minority backgrounds</li> <li>• Participants must be clinically stable for physical activity/exercise</li> </ul>	<p>Trained health care professional via GP surgery</p> <p>Patient self-referral (requires calculation of BMI)</p>	<p>How to refer in GP?</p> <ul style="list-style-type: none"> <li>• EMIS Direct Referral function: Find Local Services function on the patient → Weight Management Referral – Tower Hamlets → Weight Management for people with Physical Disabilities ‘Eat Well and Move’</li> </ul> <p>Or</p> <ul style="list-style-type: none"> <li>• Send the completed referral form on EMIS ‘Disability Weight Management Tier 2 Ability Bow CEG (RP) v2’ to <a href="mailto:nelondon.abilitybowreferrals@nhs.net">nelondon.abilitybowreferrals@nhs.net</a></li> </ul> <p>Self-referral details:</p> <ul style="list-style-type: none"> <li>• Telephone 020 8980 7778</li> <li>• Or email <a href="mailto:reception@abilitybow.org">reception@abilitybow.org</a></li> </ul>
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<p><b>Tier 2 Specialist:</b></p> <p><a href="#">Shape Up Programme by ELFT Community Learning Disability Service (CLDS)</a></p>	<p>All Tower Hamlets residents (with overweight/obesity and living with a global learning disability).</p>	<p>Free 12-week healthy living programme that aims to support adults with global learning disabilities to lose weight and to develop healthier, more active lifestyles. Clients and their carers or support workers will be supported to develop personalised timetables and identify weekly goals. Participants are expected to attend all sessions and complete tasks at home around healthy eating and exercise and to be supported to do this by their support network (family and paid support).</p> <p>Sessions are run as groups in existing day centres for example, over the 12-weeks with 1-1 support provided where needed through home visits for example. Input from the health and lifestyle professionals working within CLDS is provided.</p> <p><a href="#">Shape Up programme - Youtube</a></p>	<p>12 weeks</p>	<ul style="list-style-type: none"> <li>• Age 18 years and older</li> <li>• Be a Tower Hamlets resident, registered with a GP, live, work or study in TH.</li> <li>• Have a diagnosis of global learning disability and be eligible for social care support.</li> <li>• Have a BMI of 25 or more (or lower BMI of 23 if Asian, Black and other ethnic minority backgrounds)</li> <li>• Be interested in and able to consent to participate in the programme</li> </ul>	<p>Trained healthcare professional via GP surgery</p> <p>Patient self-referral (requires calculation of BMI)</p>	<p>How to refer in GP?</p> <ul style="list-style-type: none"> <li>• Send the completed referral form on EMIS ‘Learning Disability Weight Management Tier 2 CLDS’ to <a href="mailto:elft.shapeup@nhs.net">elft.shapeup@nhs.net</a></li> </ul> <p>Self-referral</p> <ul style="list-style-type: none"> <li>• Telephone 0207 771 5500 or email <a href="mailto:elft.shapeup@nhs.net">elft.shapeup@nhs.net</a></li> </ul>
<p><b>Tier 3:</b></p>	<p><b>A NEL-wide Tier 3 service is currently in the process of being commissioned.</b> Please see FAQs (page 9) for further details.</p> <p>More information to follow.</p>					



<p><b>Tier 4:</b> <u><a href="#">Bariatric (Weight Loss) Surgery by Homerton Hospital</a></u></p>	<p>East London patients living with severe obesity and complex and fulfilling the set criteria</p>	<p>Provide a full menu of surgical solutions to patients with obesity who meet the service eligibility.</p>	<p>N/A</p>	<p>Patient accepted into the service are those with either:</p> <ul style="list-style-type: none"> <li>• BMI &gt;40</li> <li>• BMI &gt;35 with comorbidities that would be improved by weight loss (not exhaustive but including cardiovascular disease, hypertension, hyperlipidaemia, idiopathic intracranial hypertension, NAFLD, OSA, T2DM, PCOS, OA, asthma, obesity related subfertility)</li> <li>• BMI &gt;30 with diabetes diagnosed within the last 10 years</li> <li>• Adjustments for South Asian, Chinese, other Asian, Middle-Eastern, Black African and African Caribbean ethnic groups should be made to the BMI lowering by 2.5kgs/m2</li> </ul>	<p>Trained healthcare professional via GP surgery</p>	<p>Via the Electronic Referral Service (e-RS).</p>
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<p><b><u>NHS Digital Weight Management</u></b></p>	<p>Adults living with obesity who also have a diagnosis of diabetes, hypertension or both.</p>	<p>12-week online behavioural and lifestyle programme that people can access via a smartphone or computer with internet access</p>	<p>12-weeks</p>	<ul style="list-style-type: none"> <li>• Over 18 years</li> <li>• BMI of 30 or more (adjusted to <math>\geq 27.5</math> for people from black, Asian and ethnic minority backgrounds)</li> <li>• have a diagnosis of diabetes (type 1 or type 2), hypertension or both.</li> <li>• must have a smartphone, tablet, or computer with internet access.</li> </ul>	<p>Trained healthcare professionals from GP or <a href="#">Community Pharmacies</a></p>	<p>Referrals via EMIS 'Digital Weight Management NEL CEG (RP) v2.1' or e-RS referral</p>
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## Frequently Asked Questions

### 1. What is Oviva?

Whilst Oviva is the provider for the North East London's Type 2 Diabetes Remission Service (formerly Low Cal Diet). NHS North East London has not directly commissioned Oviva to provide a Tier 3 Weight Management Service and does not hold a direct contract with them. However, Oviva has listed themselves on eRS based on contracts they hold or have held with other ICBs, as per the Right to Choose Framework.

### 2. Can I refer Tower Hamlets patients to Oviva?

While a NEL Tier 3 Weight Management service is in the process of being commissioned, referrals to Oviva are permitted **where clinically appropriate**. However, it is important to note that usually Tier 3 services would only offered to patients who have already completed Tiers 1 and 2 services. We would therefore ask GPs to exercise their clinical judgement before referring to Oviva and consider whether Tier 2 services such as the Weight Action Programme which would be more suitable as a first port of call. We understand that heightened interest in Oviva is prompted by the potential access to weight loss medication. A referral to Oviva does not guarantee provision of medication for every patient and as patients can only be on Wegovy (Semaglutide) for a maximum of two years, they should be encouraged to engage with services that can help them to lose weight in a more sustainable way.

### 3. What are the eligible criteria for Oviva?

- Age at least 18 years old
- Must be assessed as ready or motivated to change and are fully committed to participating in the programme
- Patient has actively/persistently engaged with losing weight with a structured Tier 2 service or equivalent programme
- BMI  $\geq 40$  or
- BMI  $\geq 35$  with co-morbidities:
- There is a tolerance unit of BMI 2.5 on each element of the criteria above in relation to people of South Asian, Chinese, other Asian, Middle Eastern, Black African or African-Caribbean family background.

**4. Do Tier 2 Weight Management Programmes like Weight Action Programme provide the new obesity medications to patients?** No. Tier 2 Programmes are 12-week multi-component programmes (run by specialists) that aim to reduce a person's energy intake and help them to be more physically active by encouraging behaviour change. Weight Action Programme focus on diet, physical activity, and behaviour change through evidence-based methods of weight management combined with group support and weekly tasks based on local research.

### 5. One of my patients has had Bariatric Surgery at Homerton Hospital (or elsewhere), where can I find more information around transfer of care?

GPs can access transfer of care information after bariatric surgery here ([Obesity surgery \(bariatrics\) | Homerton Healthcare NHS Foundation Trust](#)) and then clicking on the hyperlink for "TOC information for GPs".