

Tower Hamlets Weight Management Services

Commissioned Weight Management Services

Check full eligibility criteria & suitability for programme

Tier 1: NHS Weight Loss Plan app

- All residents with overweight/obesity

Tier 2 (generic): Weight Action Programme

- General population with obesity

Tier 2 (specialist): Shape Up Programme

- Population with obesity and a learning disability

Tier 2 (specialist): Eat Well and Move Programme

- Population with overweight/obesity and a physical disability

Tier 3: Not currently commissioned

Tier 4: Bariatric (Weight Loss) Surgery, a commissioned service provided by Homerton Hospital

- Population with severe and complex obesity if all of the set criteria are fulfilled

Diabetes Prevention/Programmes for Patient with Diabetes

Check full eligibility criteria & suitability for programme

• NHS Digital Weight Management Programme

- Diabetes (type 1 or type 2) and/or hypertension, plus with overweight/ obesity

• Diabetes Prevention Programme

- Pre-diabetes or previous gestational diabetes

• Low Calorie Diet Programme

- Diet/tablet-controlled type 2 diabetes diagnosed within past 6 years

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SERVICES

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Updated April 2023 Service Details [Commissioned Weight Management Services]						
Service	Target Population	Overview	Intervention Length	Eligibility criteria	Who can refer	Referral Route
Tier 1: NHS Weight Loss Plan app https://www.nhs.uk/better-health/lose-weight/	General population with overweight/obesity	<p>The free 12-week NHS Weight Loss Plan will help you start healthier eating habits, be more active, and start losing weight.</p> <p>The plan, which has been downloaded more than 7 million times, is designed to help you lose weight safely – and keep it off.</p> <p>Other free tools and resources are available on Better Health.</p>	12 weeks	<ul style="list-style-type: none"> • Be over 18 years • Have a BMI of 25+ (adjusted to ≥ 23.5 for people from Black, Asian and ethnic minority backgrounds) 	Freely available on the App Store and Google Play .	
Tier 2 (Generic): Weight Action Programme by Queen Mary University of London (QMUL) https://www.qmul.ac.uk/wiph/centres/centre-for-public-health-and-policy/health-and-lifestyle-unit/research-projects/weight-action-plan/	All Tower Hamlets residents with obesity	Weight Action Programme is a free 12-week in-person or online (via Zoom) programme run by specialists from the Health and Lifestyle Research Unit. Over the first eight weeks of the course, we will give you a series of tasks to trial if the method is working or not for you. This provides a good chance of finding at least some routines that can be adopted long-term. Tasks are then practiced for another four weeks under supervision. You will work on your tasks with 'buddies' and report to your group on both successes and failures. Also throughout the course, there is a gradually increasing exercise target, tailored to your needs and capacity.	12 weeks	<ul style="list-style-type: none"> • Be over 18 years • Be a Tower Hamlets resident (or registered with a GP in Tower Hamlets), work or study within Tower Hamlets • Have a BMI (Body Mass Index) over 30, or BMI over 27.5 for South Asian 	<p>Trained health care professional via GP surgery</p> <p>Patient self-referral (requires calculation of BMI)</p>	<p>Referrals via EMIS 'Weight Action Programme Referral form TH CEG (RP) v2' BHNT.smokersclinic@nhs.net</p> <p>Or self-referrals: Please click on the link https://www.surveymonkey.co.uk/r/3LRBZ5F to book your place. If you have any questions text 07860040277.</p>
Tier 2 (Specialist): Eat Well and Move Programme by Ability Bow https://www.abilitybow.org/services/weight-management/	All Tower Hamlets residents with overweight/obesity, and living with physical disabilities .	Eat Well and Move Programme is a free 12-week programme of focused one-to-one and small group exercise and nutrition sessions, aiming to increase physical activity levels with support from expert instructors and develop healthy eating habits by working with a dietician to manage your weight. Eat Well and Move programme - YouTube	12 weeks	<ul style="list-style-type: none"> • Be over 18 years • Be a Tower Hamlets resident (or registered with a GP in Tower Hamlets), work or study within Tower Hamlets • Overweight/obesity • Living with a physical disability 	<p>Trained health care professional via GP surgery</p> <p>Patient self-referral (requires calculation of BMI)</p>	<p>Referrals via 'Disability Weight Management Tier 2 Ability Bow CEG (RP) v2' nelondon.abilitybowreferrals@nhs.net</p> <p>020 89807778</p>
Tier 2 (Specialist): Shape Up Programme by ELFT Community Learning Disabilities Service (CLDS)	All Tower Hamlets residents with obesity, and living with learning disabilities .	<p>Shape Up Programme is a free 12-week programme that aims to support adults with learning disabilities to lose weight and to develop healthier, more active lifestyles. Participants, and their carers or support workers, will be supported to develop personalised timetables and identify weekly goals. We expect participants to attend all sessions and complete 'homework' tasks (healthy eating, exercise) and to be supported to do this by their support network (family and paid support).</p> <p>We offer weekly or fortnightly fitness and information sessions over a minimum of 12 weeks as well as one-on-one input from health and lifestyle professionals working within the Community Learning Disability Service. We encourage people to join group sessions but also offer home visits as needed.</p> Shape Up programme - YouTube	12 weeks	<ul style="list-style-type: none"> • Be over 18 years • Be a Tower Hamlets residents, registered with a GP in Tower Hamlets, work or study within Tower Hamlets • Have a diagnosis of global learning disability • Have a BMI of 30 or more or a lower BMI of 27.5 for those who are South Asian • Be interested in and able to consent to participate in the programme and ideally have identified people who will support them to achieve their health and fitness goals (this could be family or paid carers, for example) • Participants will need health clearance from their GP 	<p>Trained health care professional via GP surgery</p> <p>Patient self-referral (requires calculation of BMI)</p>	<p>Referrals via EMIS 'Learning Disability Weight Management Tier 2 CLDS CEG (RP) v2' elft.shapeup@nhs.net</p> <p>Contact CLDS on 0207 771 5500 or Create on 0207 364 6950 for support to self-refer</p>
Tier 4: Bariatric (Weight Loss) Surgery by Homerton Hospital https://www.homerton.nhs.uk/obesity-surgery-bariatrics	East London patients living with severe and complex obesity and fulfilling the set criteria	Bariatric surgery is a treatment option for people with obesity if all of the set criteria are fulfilled (see eligibility criteria).	NA	<ul style="list-style-type: none"> • Have a BMI of 40 kg/m2 or more, or between 35 kg/m2 and 40 kg/m2 and other significant disease (for example, type 2 diabetes or high blood pressure) that could be improved if they lost weight • Have tried all appropriate non-surgical measures but not achieved or maintained adequate, clinically beneficial weight loss • Have been receiving or will receive intensive management in a tier 3 service. (For patients in areas with no Tier 3 service Tier 3 equivalent would be accepted) • Be generally fit for anaesthesia and surgery • Be committing to the need for long-term follow-up • In addition to the criteria listed above, bariatric surgery is the option of choice (instead of lifestyle interventions or drug treatment) for adults with a BMI of more than 50 kg/m2 when other interventions have not been effective 	Trained health care professional via GP surgery	Referrals via e-RS

Service	Target Population	Overview	Intervention Length	Eligibility criteria	Exclusion criteria	Who can refer	Referral Route
NHS Digital Weight Management Programme https://www.england.nhs.uk/digital-weight-management/	Diabetes (type 1 or type 2) and/or hypertension, and with overweight/obesity	<p>A 12-week online behavioural and lifestyle programme. People can access it via a smartphone or computer with internet access. This programme offers digital weight management support via a 12 week intervention at 3 intensity levels:</p> <ul style="list-style-type: none"> • Level 1: Digital support only • Level 2: Digital support + human coaching • Level 3: Digital support + enhanced human coaching <p>The 'Referral Hub' triages patients to one of three levels of intervention based on demographic features associated with greater likelihood of non-completion of a weight management programme (based on evidence from the NHS Diabetes Prevention Programme). Service users will have a choice of provider for a 12-week digital weight management service.</p>	12 weeks	<ul style="list-style-type: none"> • Be over 18 years • Have a BMI of 30+ (adjusted to ≥ 27.5 for people from Black, Asian and ethnic minority backgrounds) • Have a diagnosis of diabetes (Type 1 or Type 2) or high blood pressure or both • Have a smartphone, tablet, or computer with internet access 	<ul style="list-style-type: none"> • Currently pregnant • Diagnosed eating disorder • Significant unmanaged comorbidity • Bariatric surgery within the past 2 years • Moderate/severe frailty (as recorded on frailty register) • For patients aged >80, further supporting information requested from GP to ensure suitability 	Trained health care professional via GP surgery, or community pharmacies	Referrals via EMIS 'Digital weight management NEL CEG (RP) v2.1' or e-RS
NHS Diabetes Prevention Programme https://preventing-diabetes.co.uk/north-east-london/	Pre-diabetes	<p>The Healthier You: NHS Diabetes Prevention Programme is a 9-month tailored, personalised programme offering support to reduce risk of type 2 diabetes through structured education on healthy eating, weight management and lifestyle, including physical exercise component.</p> <p>Patient information available in 16 languages</p>	9 months	<ul style="list-style-type: none"> • Be over 18 years • Registered with an NEL GP • HbA1c 42-47 mmol/mol (6.0-6.4%) or fasting plasma glucose 5.5-6.9 mmols/l within the last 24 months • Women with a past diagnosis of gestational diabetes mellitus (GDM) and a normoglycaemic blood reading within the last 12 months • Able to take part in light/moderate physical activity 	<ul style="list-style-type: none"> • Currently pregnant 	<p>Trained health care professional via GP surgery</p> <p>Patient self-referral (requires calculation of Diabetes UK risk score)</p>	<p>Complete the referral form which is embedded into your clinical system and send it to: scwcsu.nel-ndpp@nhs.net</p> <p>Self-referral: 0333 577 3010 or https://preventing-diabetes.co.uk/self-referral/</p>
NHS Low Calorie Diet Programme (pilot) https://xylahealthandwellbeing.com/our-services/diabetes-remission/nhs-low-calorie-diet/nhs-low-calorie-diet-gp-information/nel-gp-info/(leaflet)	Type 2 diabetes with overweight/obesity	<p>•A 12 month face to face programme (currently delivered online) to support weight loss, remission of type 2 diabetes and maintenance of a long term healthy lifestyle. The programme has three phases including 12 weeks low-calorie total diet replacement with shakes and soups, followed by food reintroduction and maintenance phases. The service includes</p> <ul style="list-style-type: none"> • An initial one-to-one assessment • 20 sessions with your Health & Wellbeing diabetes practitioner • 39 online support modules • Final one-to-one assessment. 	1 year	<p>Criteria is based on DiRECT Trial.</p> <ul style="list-style-type: none"> • Aged 18 – 65 years • Registered with an NEL GP • Type 2 diabetes diagnosed within the last 6 years • BMI $\geq 27\text{kg/m}^2$ ($\geq 25\text{kg/m}^2$ in patients with black, Asian and minority ethnic background) • HbA1c within the last 12 months, with values as follows: <ul style="list-style-type: none"> - if on oral agents, HbA1c 43-87 mmol/mol - if diet-controlled, HbA1c 48-87 mmol/mol - in all cases, HbA1c must be 87mmol/mol or lower • Attended diabetes monitoring reviews when last offered, including retinal screening • Commit to continue attending annual reviews, even if remission is achieved 	<ul style="list-style-type: none"> • Current insulin treatment • Pregnant or planning to become pregnant within the next 6 months or currently breastfeeding • Has at least one of the following significant co-morbidities; active 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) or active liver disease (not including NAFLD) or active substance use disorder, active eating disorder, Porphyria, known proliferative retinopathy that has not been treated • Has weight loss of greater than 5% body weight in the past 6 months, or is currently on a weight management programme • Currently enrolled on a weight management programme • Has undergone, or is awaiting, bariatric surgery (unless willing to come off waiting list) • Health professional assessment that the person is unable to understand or meet the demands of the NHS LCD Programme and/or monitoring requirements (due to physical or psychological conditions or co-morbidities) 	Trained health care professional via GP surgery	Complete the referral form which is embedded into your clinical system and send it to: scwcsu.nelcd@nhs.net

Other Universal Offers

Weight Management Offers

<https://www.towerhamletsconnect.org/health-and-wellbeing/eating-well/managing-your-weight/>

Physical Activity Offers

https://www.towerhamlets.gov.uk/lgn/leisure_and_culture/sport_and_physical_activity/sport_and_physical_activity.aspx