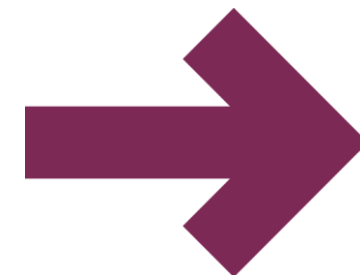


# Digital Weight Management Service



# The DWMP supports delivery of the NHS Long Term Plan and helps address health inequalities



To provide targeted support and access to weight management services for people living with obesity plus either diabetes or hypertension, or both

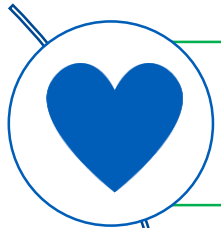


Address inequalities in prevalence of obesity, access to weight management services and the associated risks of adverse Covid-19 outcomes



Support the Government's drive to increase access to weight management services enabled through the £40m spending review allocation to the NHS

# The DWMP has three overarching aims



Support behavioural and lifestyle changes to manage weight and improve health



Reduce health inequalities



Build the evidence base for digital weight management interventions

# The DWMP provides flexibility for individuals accessing weight management services

## The Digital Weight Management Programme (DWMP)

- For adults living with obesity plus a diagnosis of diabetes or hypertension or both
- Available via all General Practices in England
- Referral (by all General Practice staff) via the existing established e-referral System (e-RS).
- Behavioural & lifestyle interventions delivered over 12 consecutive weeks
- Option for Service Users to participate via an App or web-based platform
- Provided at no cost to local systems



# Programme eligibility criteria



## **Inclusion:**

- Age 18+
- Diagnosis of diabetes and/ or hypertension
- BMI of 30+ (or  $\geq 27.5$  for BAME groups)

## **Exclusions:**

- Severe/moderate frailty as recoded on a frailty register
- Is pregnant
- Has a diagnosed eating disorder
- Has a significant unmanaged co morbidity\*
- Has had bariatric surgery in the last two years

For those individuals aged over 80, the GP will need to provide supporting information that they are suitable for the programme.

\* People for whom a weight management programme is considered to pose greater risk of harm than benefit.

# The DWMP provides three levels of intervention delivered by contracted commercial service Providers



Level 1

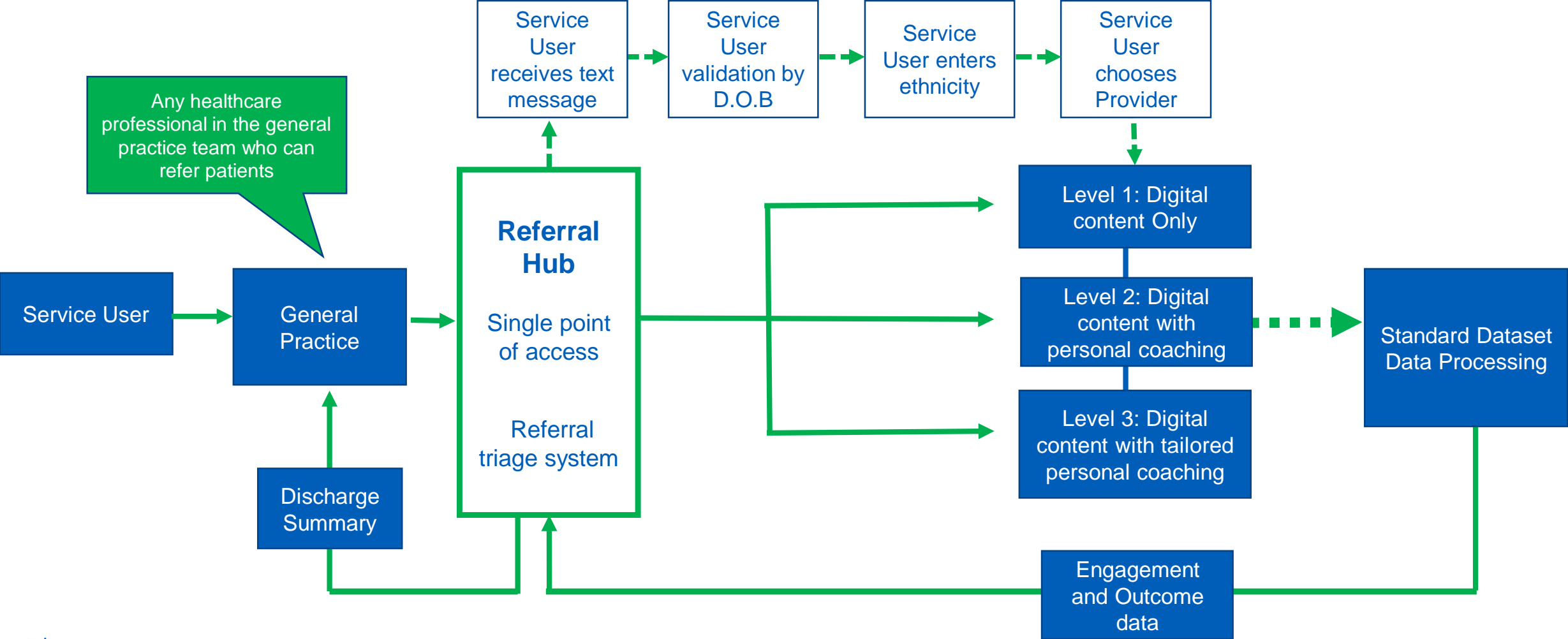


Level 2



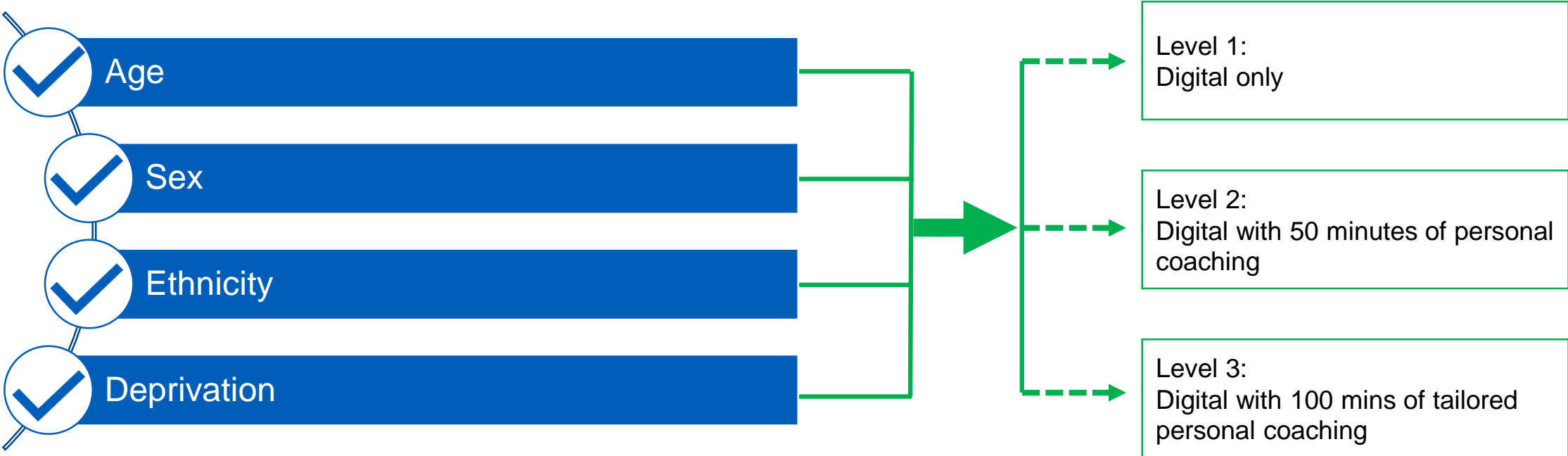
Level 3

# The DWMP is accessed through General Practice referral to the NHS DWMP Referral Hub



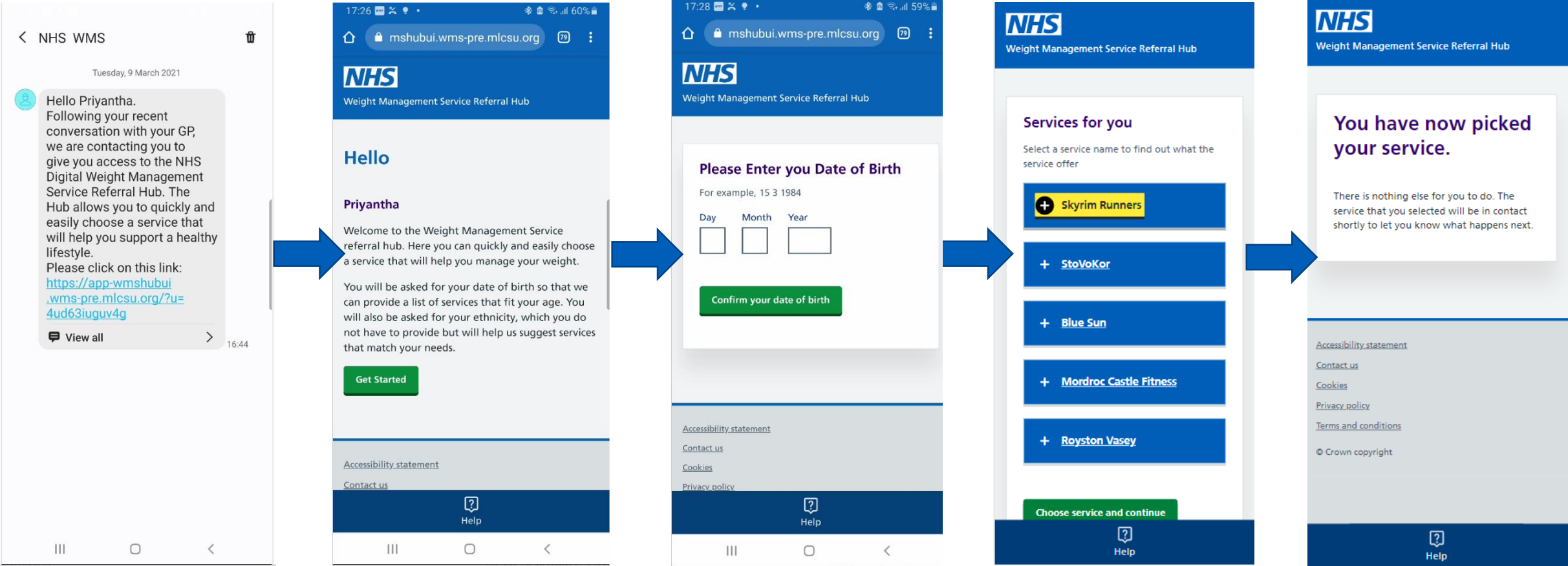
# The DWMP Referral Hub triages people to the most appropriate intervention level

Designed by NHSEI the triage tool assigns people based on the likelihood of non-completion of the programme (based on data from the NHS Diabetes Prevention programme). It aims to ensure those least likely to complete are offered a higher level of intervention and support.





# The DWMP Referral Hub facilitates and supports Service User choice



# The DWMP complements existing NHS weight management and Local Authority services



**NHS commissioned services:** focus on people in contact with health services

Obesity services

**NHS services** beyond weight management support:

- CCG commissioned tier 3 services and bariatric surgery,
- Low calorie diets for people living with Type 2 diabetes supporting diabetes remission where possible

Currently commissioned

**High intensity offer:**

- Diabetes prevention programme. England wide service providing face to face (currently remote) and digital products for people at high risk of diabetes (eligibility criteria).
- 9 month programme, minimum 16 hours 1-2-1 contact.
- Expanding to 200,000 adults per year by 2024

New offer

**Intermediate offer:**

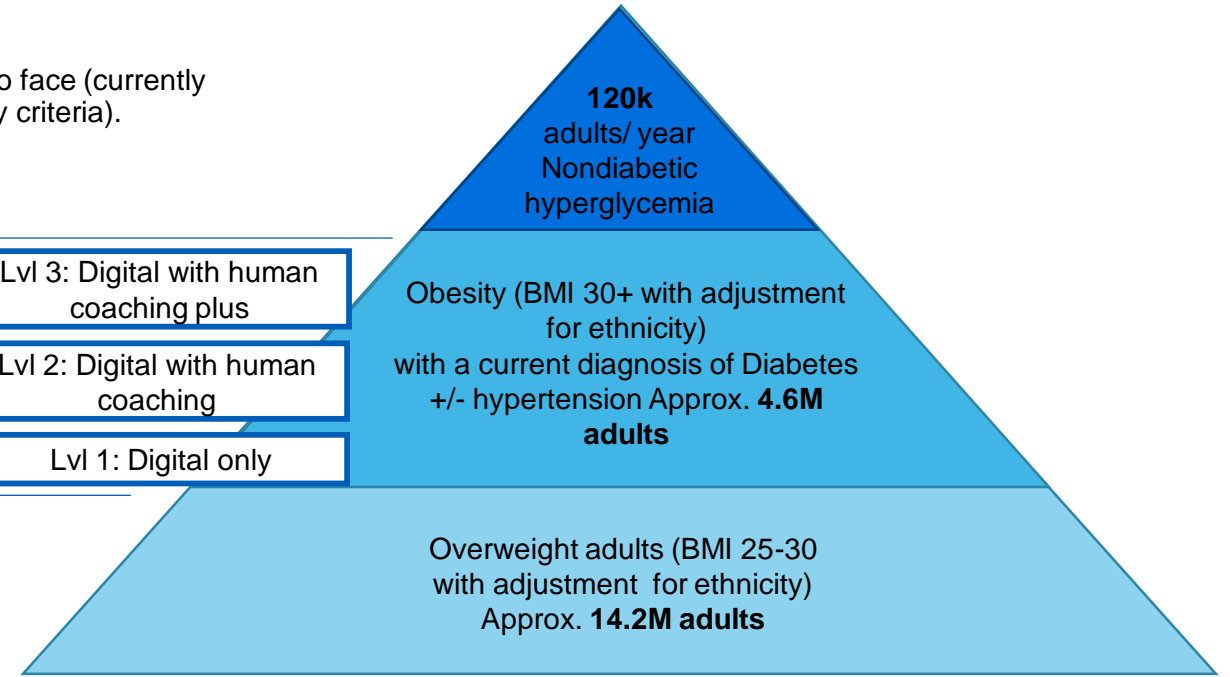
- Medium intensity intervention through national **Digital Weight Management Programme**. Supported digital 12 week intervention, at three levels of intensity.

- Lvl 3: Digital with human coaching plus
- Lvl 2: Digital with human coaching
- Lvl 1: Digital only

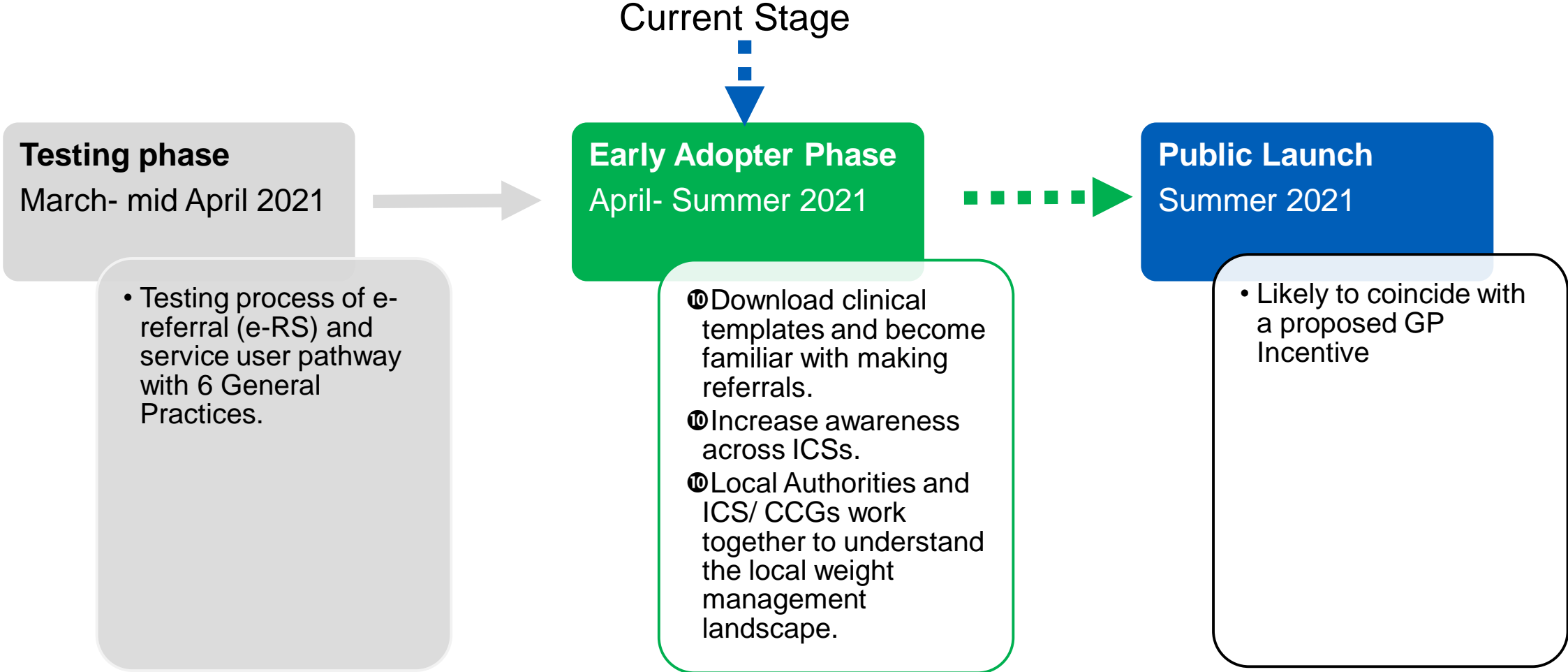
NHS Choices

**Universal offer:** low intensity intervention

- Recently launched 'Better Health' NHS app based on the revised NHS Choices 12 week weight loss programme



# The DWMP is 'live' and ready to start receiving for referrals from Practices



# Local areas can raise awareness of the DWMP's benefits and support its use in General Practice



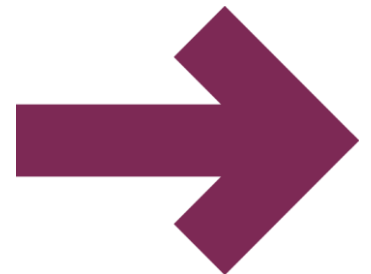
## Benefits to the eligible population:

- 1 Support to develop behaviours to achieve a healthy weight
- 2 Improve longer term personal health outcomes
- 3 Flexible access to a behavioural & lifestyle intervention of their own choice

## Benefits to General Practice and Local systems:

- 1 Improved health and wellbeing of Service Users leading to reduced healthcare demand
- 2 Potential improvements in achievement of incentivised targets related to diabetes and hypertension
- 3 Reductions in prescribing costs for conditions improved through weight loss

# How to identify patients and make referrals



# Referrals are made via ERS



- There are two options detailing how to locate NHS Digital Weight Management Programme -NHS England Service in [E-Referrals](#)

OPTION 1, Postcode searching: (B70 9LD)

OPTION 2, Organisation searching:

Copy and Paste the Organisation name - MIDLANDS & LANCASHIRE - PARTNERING NHSE/I into the Organisation search box and click the blue box:

Organisation or Site Name

▼ (Results returned: 1)

Select	Miles	Appointment Type	Service Name	Indicative Appointment Wait ⓘ
<input type="button" value="Send for Triage"/>	0	Triage Service	NHS Digital Weight Management Programme - NHS England	N/A

# Referral Form



The Digital Weight Management Programme referral form is now available on your EMIS system:

- Name: 'Digital Weight Management'
- Coding: Nationally SNOMED codes are being developed for the programme, until available no coding is required

**DIGITAL WEIGHT MANAGEMENT SERVICE**  
<https://www.england.nhs.uk/digital-weight-management/>

The service can be found within e-referrals via the by inputting MIDLANDS & LANCASHIRE – PARTNERING NHSE/I via the organisation search alternatively you can search using the postcode – B70 9LD.

**Eligibility Criteria:**  
Patients should be (Over 18 years) AND ( with BMI over 30 or BMI over 27.5 if they are BAME) AND (BMI updated within last 24 months) AND (Diabetes Type 1 or 2 and /or Hypertension)

**NB:** For those individuals aged over 80, the GP will need to provide supporting information that they are suitable for the programme.

**Exclusion Criteria:**

- Severe/moderate frailty as recoded on a frailty register
- Is pregnant
- Has a diagnosed eating disorder
- Has a significant unmanaged co-morbidity\*
- Has had bariatric surgery in the last two years

Any referral outside this criteria will be rejected. In addition to that any referral with incomplete data will be returned back to the practice for correction.

<b>Service:</b> Digital Weight Management	<b>Referral Date:</b> 26-May-2021
<b>PATIENT DETAILS:</b>	
<b>Forename:</b> Micky	<b>Surname:</b> Mouse

# Reaching eligible participants



Options for GP practices to reach out to eligible patients include:

1. Opportunistically through annual reviews / appointments
2. Adding information to your practice website
3. Searching clinical records for eligible patients and contacting to discuss
  - An EMIS search is available on you clinical system if you wish to use to identify patients
  - Name: Digital Weight Management Search V2



# EMIS document locations – TO UPDATE

Borough	Referral form	Search	Protocol Alert



# Social Prescribing Link Workers



- Social Prescribing Link Workers (SPLWs) form part of the primary care team
- SPLWs can provide intensive support for patients with long-term conditions and complex needs by connecting them with:
  - Relevant information and advice
  - Community support services or groups

**Consider referring patients to SPLWs in your PCN to discuss weight management programmes or support with digital capabilities**

# Contacts & Further Information



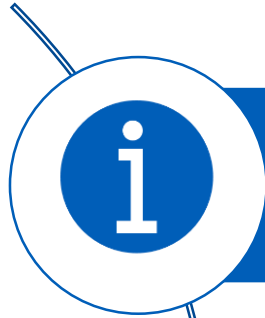


## Digital Weight Management Service

[Home](#) > [Services](#) > [Digital Weight Management Service](#)

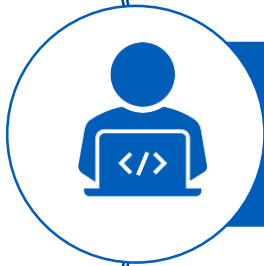
- Service information
- Video and slides
- FAQs
- Patient leaflet
- Referral information

# Contacts



For any questions or further information about the Digital Weight Management Programme please contact:

[england.wmp-prevention@nhs.net](mailto:england.wmp-prevention@nhs.net)



To get involved and start referring into the Digital Weight Management Programme please visit:

<https://www.england.nhs.uk/digital-weight-management/>



NCL CCG contact: Clare Driscoll, Primary Care Development Manager

[a.maher-vyas@nhs.net](mailto:a.maher-vyas@nhs.net)  
[newccg.stpdiabetes@nhs.net](mailto:newccg.stpdiabetes@nhs.net)