

## Adult Weight Management Pathway for Southampton City

Tier 1 Universal Intervention	Tier 2 Weight Management Programme	Tier 3 Specialist Weight Management Service	Tier 4 Surgical Intervention
For patients with a BMI $\geq 25$ kg/m <sup>2</sup> consider brief advice and signposting to the following:	For patients with a BMI of $\geq 30$ kg/m <sup>2</sup> (adjusted to $\geq 27.5$ kg/m <sup>2</sup> for patients who are black, Asian, or have ethnic minority background):	For patients with a BMI of $\geq 35$ kg/m <sup>2</sup> and obesity related comorbidities* OR $\geq 40$ kg/m <sup>2</sup> without comorbidities (adjusted to $\geq 37.5$ kg/m <sup>2</sup> for patients who are black, Asian, or have ethnic minority background):	For patients with a BMI of $\geq 40$ kg/m <sup>2</sup> OR $\geq 35$ kg/m <sup>2</sup> for patients who Type 2 Diabetes or Uncontrolled Hypertension (after all medical therapies have been tried)
<ul style="list-style-type: none"> <li><a href="#">NHS Better Health - Lose Weight</a></li> <li><a href="#">NHS 12-week Weight Loss Plan – App</a> or <a href="#">Printable PDF</a></li> <li><a href="#">NHS Easy Meals App</a></li> </ul> <p>Can also consider signposting to resources to get physically active</p> <ul style="list-style-type: none"> <li><a href="#">Better Health - Get Active</a></li> <li><a href="#">Couch to 5K</a></li> <li><a href="#">Active 10</a></li> </ul> <p>Social prescribers and Health Coaches may also be able to support individual patients</p> <p>For Community Navigators in Southampton go to <a href="#">So:Linked</a></p>	<p><a href="#">NHS Diabetes Prevention Programme</a> – eligible for patients at risk of developing Type 2 Diabetes. Referral or self-referral via '<a href="#">Know your risk</a>' tool</p> <p><a href="#">NHS Digital Weight Management Programme</a> 12-weeks, eligible for:</p> <ul style="list-style-type: none"> <li>patients with hypertension or diabetes (referral)</li> <li>NHS Staff (self-referral <a href="#">here</a>)</li> </ul> <p>Additional programmes for Q4 2021/22 (12-weeks) self-referral via:</p> <ul style="list-style-type: none"> <li><a href="#">ShapeUp4Life</a> - 1:1 remote</li> <li><a href="#">Slimming World</a> - groups</li> <li><a href="#">Saints Goal</a> - for men</li> <li><a href="#">Community Wellbeing Team</a> - for housebound patients</li> </ul> <p>For more information and self-referral – <a href="#">SCC Eat Well and Lose Weight</a></p>	<p>Patients must have engaged with Tier 1 and 2 services within a 2-year period (with or without success to achieve/maintain weight loss) before accessing Tier 3.</p> <p>6-month specialist service MDT approach</p> <p>Referrals are via e-referral (form on DXS)</p> <p><i>*E.g., metabolic syndrome, hypertension, obstructive sleep apnoea, functional disability, infertility, and depression if specialist advice is needed for patient management</i></p>	<p>Patients can be referred to Tier 4 on completion the Tier 3 service. Patients should be fit for anaesthesia and surgery and can commit to long-term lifestyle modification and follow up.</p> <p>Bariatric surgery (3 types):</p> <ul style="list-style-type: none"> <li>Gastric Band</li> <li>Sleeve Gastrectomy</li> <li>Roux-en Y Gastric Bypass</li> </ul> <p>Providers accepting referrals: Royal Berkshire Hospital (Reading) and Queen Alexandra Hospital (Portsmouth)</p> <p>For patients with a weight of <math>&gt;180</math>kg there are 2 specialist centres in Portsmouth and Chichester. GP referrals for these specialist centres should be made in writing.</p>