

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 ≥ 25 kg/m ² consider brief advice and signposting to the following:	For patients with a BMI of ≥ 30 kg/m ² (adjusted to ≥ 27.5 kg/m ² for patients who are black, Asian, or have ethnic minority background):	For patients with a BMI of ≥ 35 kg/m ² and obesity related comorbidities* OR ≥ 40 kg/m ² without comorbidities (adjusted to ≥ 37.5 kg/m ² for patients who are black, Asian, or have ethnic minority background):	For patients with a BMI of ≥ 40 kg/m ² OR ≥ 35 kg/m ² for patients who Type 2 Diabetes or Uncontrolled Hypertension (after all medical therapies have been tried)
<ul style="list-style-type: none"> NHS Better Health - Lose Weight NHS 12-week Weight Loss Plan – App or Printable PDF <p>Can also consider signposting to resources to get physically active.</p> <ul style="list-style-type: none"> Better Health - Get Active Couch to 5K Active 10 <p>Social prescribers and Health Coaches may also be able to support individual patients.</p>	<p>Oviva Weight Management – eligible for patients in higher-risk groups incl. long-term health conditions, disability, ethnicity (Black African, African-Caribbean, Asian) or those in receipt of a recognised income-related benefit. By referral.</p> <p>NHS Diabetes Prevention Programme – eligible for patients at risk of developing Type 2 Diabetes. Referral by GP Practice.</p> <p>NHS Digital Weight Management Programme 12-weeks, eligible for:</p> <ul style="list-style-type: none"> patients with hypertension or diabetes (referral by GP Practice or pharmacy) NHS Staff (self-referral here) 	<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</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"> Gastric Band Sleeve Gastrectomy Roux-en Y Gastric Bypass <p>Providers accepting referrals: Royal Berkshire Hospital (Reading) and Queen Alexandra Hospital (Portsmouth)</p> <p>For patients with a weight of >180kg there are 2 specialist centres in Portsmouth and Chichester. GP referrals for these specialist centres should be made in writing.</p>
For more information – SCC Eat Well and Lose Weight			