

The NHS Digital Weight Management Programme

NHS England and NHS Improvement



The NHS Digital Weight Management Programme supports delivery of the NHS Long Term Plan



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

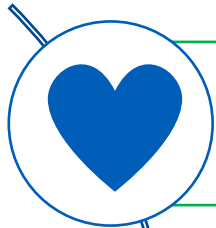


Address inequalities in prevalence of obesity, access to weight management services and the associated risks of adverse Covid-19 outcomes



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

The NHS Digital Weight Management Programme has three overarching aims



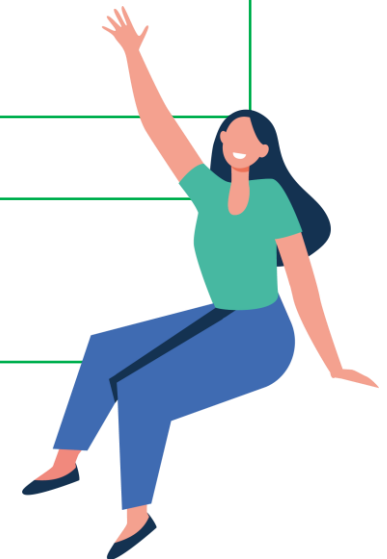
Support behavioural and lifestyle changes to manage weight and improve health



Reduce health inequalities



Build the evidence base for digital weight management interventions



The Programme 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: The NHS Digital Weight Management Programme

- 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

Obesity (BMI 30+ with adjustment for ethnicity) with a current diagnosis of Diabetes +/- hypertension Approx. **4.6M adults**

Overweight adults (BMI 25-30 with adjustment for ethnicity) Approx. **14.2M adults**

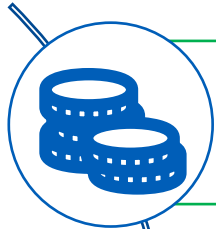
NHS Choices

Universal offer: low intensity intervention

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



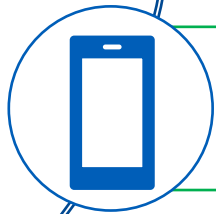
A weight management Enhanced Service is now in place for General Practice



Participating GP practices will receive funding for referring patients living with obesity into weight management services



Services included are NHS DWMP, Local Authority funded tier 2 weight management services, NHS Diabetes Prevention Programme and tier 3 and 4 services



NHS DWMP should be the “default option” for people living with obesity plus either diabetes or hypertension, or both

General Practice Referral Summary: North West

Region/ ICS	Total practices	Proportion of practices to have referred in 2022/23	Total no. of referrals 2022/23	Referrals in month	Rejected Referrals	2022/23 Referral Target	% Target achieved	Proportion of eligible population referred to Programme since Apr 2021
North West	979	54%	8,183	638	132	18,660	44%	2%
Cheshire and Merseyside	355	63%	4,094	285	57	6,922	59%	2%
Greater Manchester Health and Social Care Partners	423	34%	1,520	91	19	7,078	21%	1%
Healthier Lancashire and South Cumbria	201	80%	2,671	271	56	4,660	57%	2%

Data as at 23rd October 2022 extracted from the NHS Digital Weight Management Programme referral dashboard

Greater Manchester General Practice Referrals by PCN



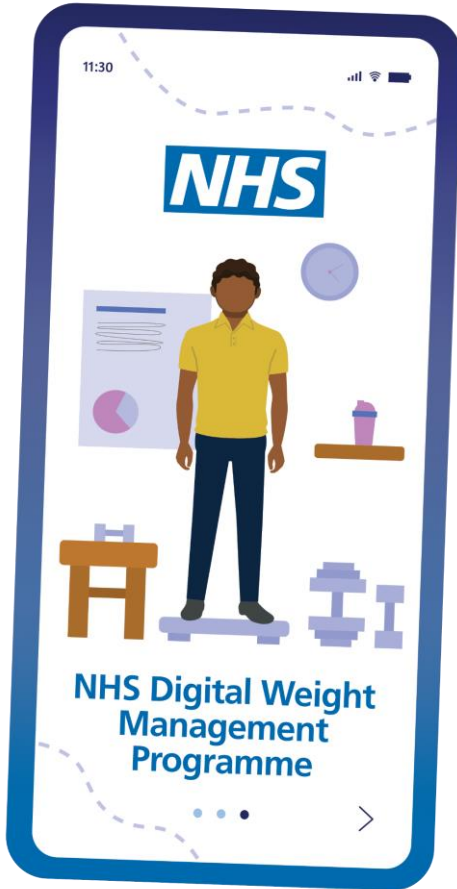
PCN	Referrals	PCN	Referrals	PCN	Referrals
ROCHDALE NORTH PCN	165	OLDHAM EAST PCN	35	CANALSIDE PCN	18
		WALKDEN & LITTLE HULTON PCN	31	CHORLEY ROADS NETWORK PCN	17
TAME VALLEY PCN	153	HYDE PCN	30	THE BRIDGE PCN	16
WYTHENSHAW PCN	115	OLDHAM NORTH PCN	29	SALFORD SOUTH EAST PCN	16
NORTH TRAFFORD PCN	86	HWL NETWORK PCN	29	DIDSBURY CHORLTON PARK & BURNAGE PCN	15
BOLTON CENTRAL PCN	86	TURTON PCN	28	PENNINES PCN	14
CHEETHAM HILL & CRUMPSALL PCN	79	SALE CENTRAL PCN	28	ECCLES & IRLAM PCN	14
NORTHENDEN & BROOKLANDS (WYTHENSHAW) PCN	68	OLDHAM CENTRAL PCN	25	HORIZON PCN	12
GLOSSOP PCN	56	MILLTOWN ALLIANCE PCN	23	GORTON AND LEVENSHULME PCN	11
WIGAN CENTRAL PCN	45	CHEADLE NETWORK PCN	23	H-BLACKLEY HARPURHEY & CHARLESTOWN PCN	9
WEST CENTRAL MANCHESTER PCN	45	RUMWORTH PCN	22	CLAYTON BESWICK & OPENSHAW PCN	9
FARNWORTH & KEARSLEY PCN	45	DENTON PCN	22	STOCKPORT EAST AND SOUTH PCN	8
HORWICH NETWORK PCN	44	TABA WIGAN PCN	20	BETTER HEALTH MCR PCN	8
BREIGHTMET & LITTLE LEVER PCN	42	SWINTON PCN	20	WHITEFIELD DISTRICT & COMMUNITY PCN	7
HEYWOOD PCN	38	SOUTH TRAFFORD PCN	20	MIDDLETON PCN	7
TRAFFORD WEST PCN	36	VICTORIA PCN	18	OLDHAM SOUTH PCN	6

Greater Manchester General Practice Referrals by PCN



PCN	Referrals	PCN	Referrals	PCN	Referrals
HEATONS GROUP NETWORK PCN	6	STALYBRIDGE PCN	2	LIGA WIGAN PCN	0
CITY CENTRE & ANCOATS PCN	6	ARDWICK AND LONGSIGHT PCN	2	LEIGH PCN	0
BRAMHALL CHEADLE AND HULME PCN	5	BROUGHTON HEALTH ALLIANCE PCN	1	HINDLEY PCN	0
MILES PLATTING NEWTON HEATH & MOSTON PCN	4	ASHTON PCN	1	BURY PCN	0
ALTRINCHAM HEALTHCARE ALLIANCE PCN	4	WERNETH PCN	0	LIGA WIGAN PCN	0
PRESTWICH PCN	3	SWAN NETWORK WIGAN PCN	0	LEIGH PCN	0
HULME & CITY CENTRE SOUTH PCN	3	NORTH WIGAN PCN	0		
WITHINGTON & FALLOWFIELD PCN	2				

The NHS Digital Weight Management Programme provides flexibility for individuals accessing weight management services



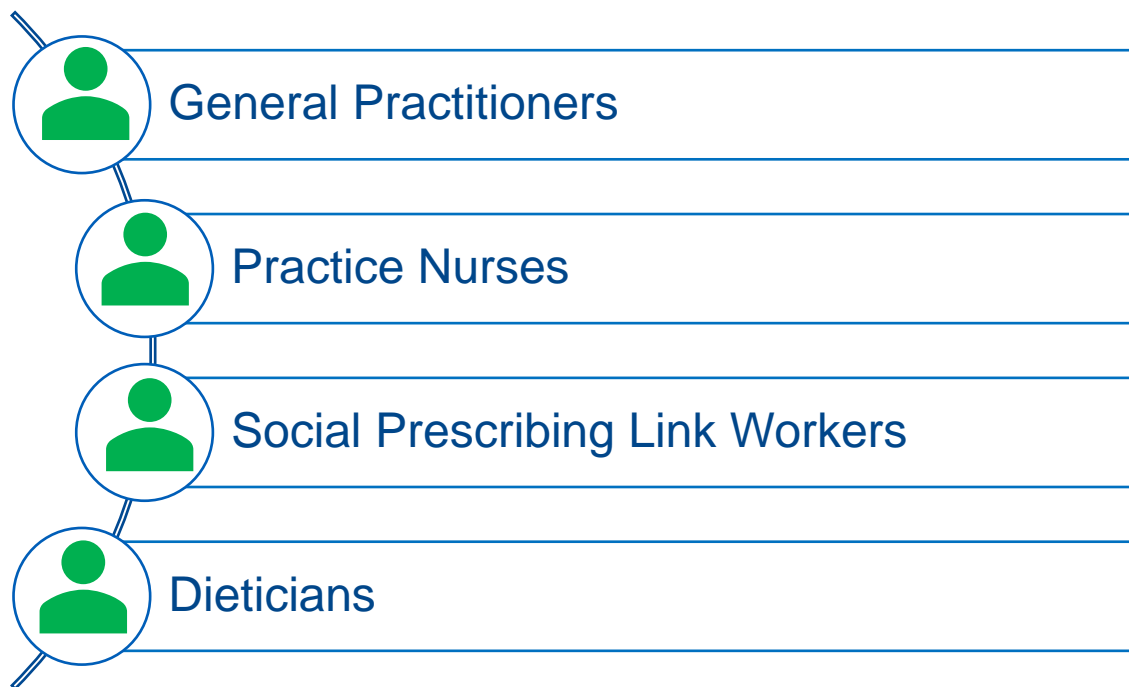
The Digital Weight Management Programme

- For adults living with obesity plus a diagnosis of diabetes or hypertension or both
- Available via referral from General Practices and Community Pharmacies in England
- 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

A referral can be made into the Programme by many different General Practice healthcare staff



A direct referral using the practices own e-RS system can be made by any member of the General Practice healthcare team. This recognises the different relationships patients build with practice staff and ensures as many people as possible who may benefit from what the NHS Digital Weight Management Programme are given the opportunity to participate.



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



Level 1

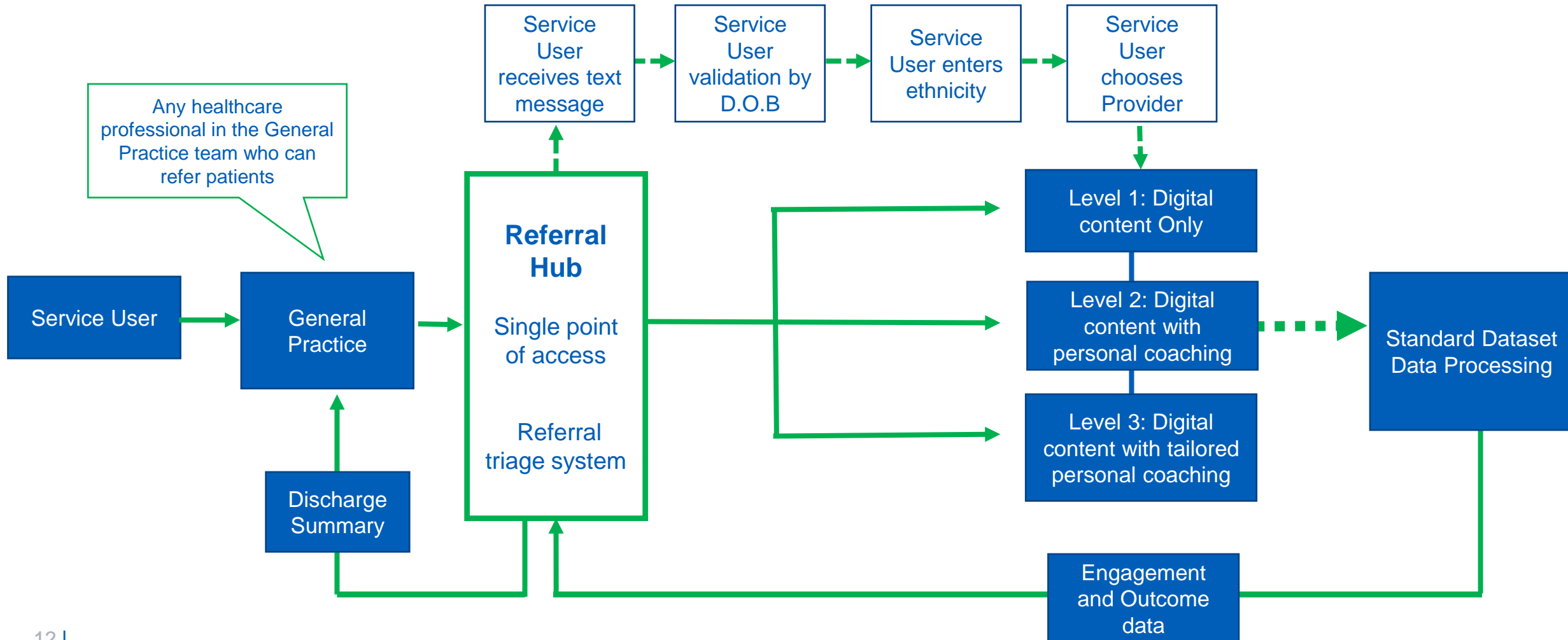


Level 2



Level 3

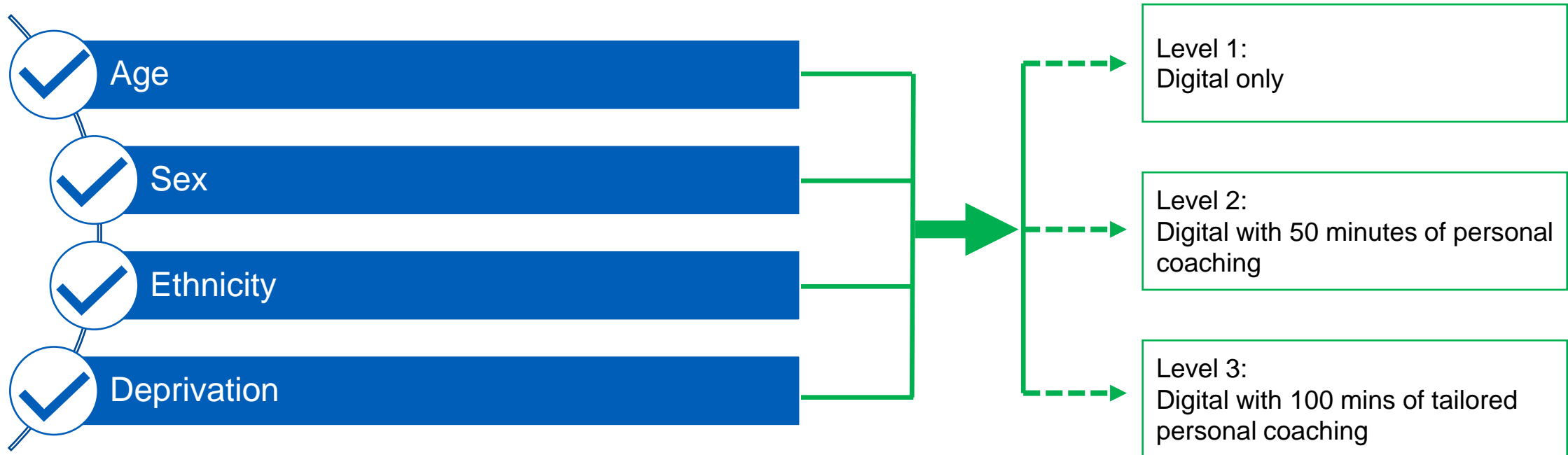
The Programme is accessed through a General Practice referral to the NHS Digital Weight Management Programme Referral Hub



The dedicated Programme 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 Programme Referral Hub provides a choice of service Providers at each level of support



Level 1:
Digital content
Only

Morelife

Slimming World

Second Nature

Xyla Healthcare

Level 2:
Digital content with
personal coaching

Morelife

Oviva

Xyla Healthcare

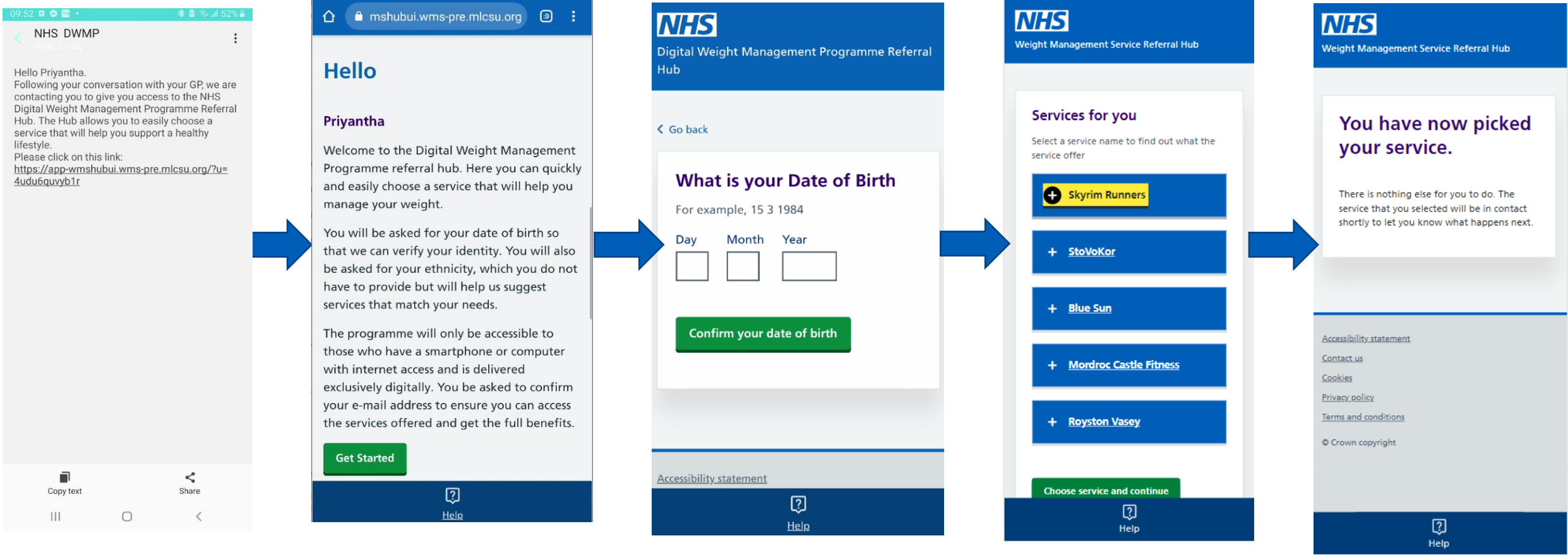
Level 3:
Digital content with tailored
personal coaching

Liva Healthcare

Second Nature

Xyla Healthcare

The Programme Referral Hub facilitates and supports Service User choice



Text message received
~2 days after referral



Chosen Provider
contacts ~7-10 days
after selection

Thousands of people are already accessing the NHS Digital Weight Management Programme



"I have lost one stone since starting the programme"

Angela's NHS Digital Weight Management Story

"I found out about the programme through a diabetes nurse. I joined the programme because I have a disabled husband and I have grandchildren. I wanted to come off the medication that I was on and wanted to improve my health. I wanted to make sure I was fit and healthy to look after my husband and grandchildren."



"It gave me the confidence to realise that I can do this and that the changes are sustainable"

Danielle's NHS Digital Weight Management Story

"I discovered the programme through working at the NHS, we receive a weekly wellbeing leaflet and there was a link to access the NHS weight loss programme. I wasn't sure if I should join initially but found that the weight loss programme was really good. If you are not sure where to start, it is the perfect tool to become healthier and get to a healthy weight zone."



Local areas can raise awareness of the NHS Digital Weight Management Programme and the benefits and support it brings to 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 reduce 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

We have recently implemented a new version of the Programmes referral form template



- To ensure a smooth referral process, General Practices must now use Version 2 of the referral form template for the Programme
- The new version of the e-Referral form template can be downloaded from: <https://templates.wmp.nhs.uk/>
- Submitting a referral remains easy through e-RS by searching for “NHS Digital Weight Management Programme –NHS England Version 2” using postcode ST4 4LX

System:EMIS V2.1

NHS DIGITAL WEIGHT MANAGEMENT PROGRAMME
This is a nationally commissioned service and accepts referrals from all GP practices in England
<https://www.england.nhs.uk/digital-weight-management/>
Please attach this completed referral form to an e-referral - using 'MIDLANDS & LANCASHIRE – PARTNERING NHSE/I' in the organisation search, alternatively search using the postcode ST4 4LX (these search terms are the same wherever in the country you are based)
NHS Midlands and Lancashire CSU hosts the NHS Digital Weight Management Programme on behalf of NHS England and Improvement

Please ensure that valid consent has been obtained prior to sending this referral.

To be eligible for the service, the individual must satisfy **ALL** the following criteria:

- Age ≥ 18 years
- Diagnosed with Diabetes (any type) AND / OR Hypertension
- Latest BMI ≥ 30 (or ≥ 27.5 if from Black, Asian and ethnic minority backgrounds) BMI must be within last 24 months.

and **MUST NOT** have any of the following characteristics:

- Moderate or severe frailty
- Currently pregnant
- Have an active eating disorder
- Bariatric surgery in the last two years
- A weight management programme is considered to pose greater risk of harm than benefit for this individual

Any referral which does not meet the above criteria will be rejected.

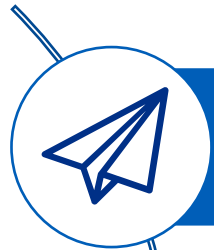
By sending this referral you are confirming that for any person referred aged over 80, the benefits of weight loss are likely to outweigh the potential risks. E.g., weight loss can exacerbate loss of muscle mass (sarcopenia) even if co-existent obesity, leading to functional decline and increasing the risk of falls. This risk is elevated with advanced age.

Section 1 of this form must be completed manually by only selecting Y or N from the available options.
Section 2 of this form will auto populate. Please DO NOT edit any of the fields or add additional information as it may lead to the referral not being read by our systems and therefore be rejected and sent back for you to amend.

SECTION 1 – Please complete manually

ADDITIONAL NEEDS: (Please do not add additional information other than Y or N)
Does this person have a physical disability? Including any Physical Disability, Hearing Impairment, Sight Impairment or Dexterity Impairment. Y or N must be selected: Please Select
Does this person have a learning disability? Including any Learning Disability, Learning Difficulties, Literacy Difficulties. Y or N must be selected: Please Select
Does this person have a severe mental illness? Y or N must be selected: Please Select
Instead of receiving a SMS text message, does this person, for any other reason, need a phone call to help them get onto the service? Y or N must be selected: Please Select

Main benefits to General Practices of using the new e-referral template form



Simplified layout for a smoother referral process



More patient information autopopulates to reduce number of referral rejections



Clearer instructions on the form

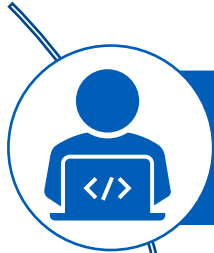
NHS Staff can also self-refer into the Programme without a diagnosis of diabetes or hypertension



- **Free, online access to the 12-week weight management programme**
 - Keeping healthy and active can be a challenge, but this digital programme can help staff make those small changes, one step at a time.
 - As a digital programme, it can be used anywhere and anytime on a smartphone, tablet, or computer.
- **Staff can register if:**
 - They are a member of staff working in the NHS (any role, including bank and temporary contracts) with a valid NHS work email address
 - They are over 18 years of age
 - They have a BMI of 30 or greater (27.5 or greater for staff from Black, Asian and other minority ethnic groups, as these groups are at an increased risk of conditions such as Type 2 diabetes at a lower BMI).
 - More information can be found on [our website](#)



Thank you



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

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



Join our NHS Futures page to connect with colleagues, share best practice and keep up to date with latest developments in your Region:

<https://future.nhs.uk/NHSpp/grouphome>



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

england.wmp-prevention@nhs.net

