HNY ICB have reviewed the details of Tier 3 Weight Management Services and have agreed the referral criteria below.  Any referral to a Tier 3 Weight Management Service must meet these referral criteria to access any services which are funded by the ICB.

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| Intervention  | **Tier 3 Weight Management Services** |
| For the treatment of  | Obesity |
| Commissioning Position  | Referral to tier 3 weight management services must meet the clinical criteria set out below:1. Be over 18 years and over and registered with a HNY GP and referred by a GP
2. Have a BMI ≥35kg/m2 with any one of the comorbidities listed:
* Hypertension
* Hyperinsulinaemia
* Dyslipidaemia
* Type 2 diabetes
* Psychosocial dysfunction
* Exacerbation of conditions such as asthma

or a BMI ≥40kg/m2 without comorbidities These BMIs are reduced by 2.5kg/m2 for people from a South-Asian, Chinese, Black African or Caribbean family background.1. Have demonstrated that they have maximised primary care and community conservative management which must as a minimum include:
* Receipt of healthy weight and lifestyle advice in primary care AND
* Evidence of active participation in modification to exercise AND diet, which is patient- or GP-led, or delivered by an independent commercial service or Tier 2 service.
1. Patients with a BMI ≥50kg/m2 may be referred directly without evidence of compliance with Tier 2 if they meet the other requirements and have been offered a trial of pharmacological interventions where there are no contra-indications.
2. Have an understanding of the commitment required for a Tier 3 programme. This should include nutritional advice, exercise and lifestyle support AND are willing and able to engage and participate in ALL of these aspects of a Tier 3 programme.
3. Weight loss goals must be met at 6 months to continue treatment into months 7 to 12.

**Criteria for exclusion**Referrals should not be made for individuals who:* Have a BMI less than that stated in the inclusion criteria.
* Have a diagnosed eating disorder, disordered eating, or complex mental health issues, for example suicidal ideation.
* Referred from an inpatient mental health unit
* Patients who are unable to participate in ALL of the components of a tier 3 weight management programme including nutritional advice, exercise, and lifestyle support
* Require or request weight loss injections alone or require Very Low Calorie Diets.
* Are referred for other medical/pharmaceutical management of obesity which sit outside of agreed pathways agreed by the ICB.
* Have a greater nutrition risk, for example are receiving cancer treatment, or palliative care.
* Are pregnant.
* Have a diagnosis of active Inflammatory Bowel Disease
* Have had previous bariatric surgery
* Have previously been referred and accepted onto a tier 3 weight management service
* Patients consuming more than 20 units of alcohol per week
* Patients under investigation for cardiac disease
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| Summary of Rationale | The criteria are supported by NICE Clinical Guidance 189 Obesity: identification, assessment and management.People with South Asian, Chinese, other Asian, Middle Eastern, Black African or African Caribbean family backgrounds have an equivalent risk of complications of obesity at a lower BMI than people from a White ethnic family background. For this reason, the BMI levels are reduced by 2.5kg/m2 in accordance with NICE Clinical Guideline CG189. |
| References  | [Recommendations | Obesity: identification, assessment and management | Guidance | NICE](https://www.nice.org.uk/guidance/cg189/chapter/Recommendations)Report of the Working Group into Joined Up Clinical Pathways for Obesity: [owg-join-clinc-path.pdf](https://www.england.nhs.uk/wp-content/uploads/2014/03/owg-join-clinc-path.pdf) |
| Effective from | October 2024 |
| Policy Review Date  | April 2025 |