

# Weight Management Options - York

BMI 25-29.9

[NHS Choices Weight Loss Programme \(12 weeks\)](#)

[CYC Health Trainers – City of York Council](#) free confidential one-to-one support guidance on healthy eating advice, weight management and increasing activity

BMI 27+  
(25+ BAME)

Diabetes

**Low Calorie Diet\*\*** 12-month Total Diet Replacement (TDR) for people diagnosed with T2 diabetes within 6 years. All appointments with a DSD are delivered virtually. [Eligibility Checklist/Exclusion Criteria](#) Referral form is embedded into your clinical system - send to: ovivauk.lcd@nhs.net

BMI 30+  
(27.5+ BAME)

No co-morbidities

**Slimming World\*** free 12-week weight loss management programme. [Referral Form](#) to be given to patient (BMI 25+ BAME/LD or [Healthwise Weight Management Programme\\*](#): 12-week group weight loss programme. [Referral Form/Criteria](#)

Diabetes and/or Hypertension

**NHS Digital Weight Management Programme\*** - Behavioral & lifestyle interventions delivered over 12 weeks.  
**Inclusion criteria:** Service Users must have access to computer or smartphone and the internet to participate.  
**Exclusion:** Pregnancy. Referral: via the existing established e-referral System (e-RS)  
Clinical templates via <https://www.england.nhs.uk/digital-weight-management/>

Pre-Diabetes  
HbA1c between 42-47 mmol/mol (6.0-6.4%)

**NHS Diabetes Prevention Programme\*** - **Eligibility Checklist:** HbA1c between 42-47 mmol/mol (6.0-6.4%) or Fasting Plasma Glucose between 5.5-6.9 mmol/l within the last 24 months • If patient has a history of Gestational Diabetes (GDM) then patient is eligible with HbA1c < 42 mmol/mol or FPG < 5.5mmol/l. • Not pregnant • Able to take part in light/moderate physical activity.  
Referral form is embedded into your clinical system - send to: scwcsu.hcv-ndpp@nhs.net

BMI 35+  
(32.5+ BAME)

**Tier 3\***- Specialist weight management programme that supports people to lose weight through psychological approaches, dietary changes and physical activity. Patients with a BMI  $\geq 35$  and can participate as a basic in all 3 main components will be considered to access the service.  
**Eligibility Checklist/Exclusions:** Patient has participated in modification to exercise and diet, which is patient or GP led, or delivered by an independent commercial service or Tier 2 service, depending on local availability. Referral Process: Upload [referral template](#) onto your clinical system and send via ICG.

BMI 40+ or 35+ with serious co-morbidities improved by weight loss

**Tier 4 (Bariatric Surgery)\*** Bariatric surgery is not routinely commissioned, but referral to Tier 4 will be considered by the Tier 3 (MDT) panel following completion of the Tier 3 programme, where the patient has a: BMI  $\geq 50$ , or BMI  $\geq 45$  with significant poorly controlled type 2 diabetes (based on medication and IFCC). [Referral Criteria](#) Funding in all other circumstances will only be considered where there are exceptional clinical circumstances. The clinician needs to submit an application to the CCG's [Individual Funding Request Panel \(IFR\)](#)

**\*Referral to this service attracts the ES payment of £11.50 \*\*BMI 30+ attracts the ES payment of £11.50**