

Weight Management Options – East Riding

BMI 25-29.9

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

[Health Trainers -ERY](#) free confidential one-to-one support guidance on healthy eating advice, weight management and increasing activity
Referral: No BMI upper or lower limit

**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)**

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 ≥ 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 ≥ 50 , or BMI ≥ 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 \(IFR\)](#).

