**Patient and Public Position Statement**

**Specialist Weight Management Services**

**Weight Management Services in Devon**

There are many services provided across Devon, and nationally, to help adults with weight management, including weight loss and weight maintenance.

These services offer different levels of support ranging from exercise and keep fit classes, nutrition and lifestyle to more specialist support including weight management programmes, prescribing and surgery for appropriate adults.

**Medicines for Weight Loss**

Alongside these support services there are also medicines that are safe and effective treatment options for weight management. Two of these medicines are called Saxenda and Wegovy, which form part of several treatments available in the UK to support adults who are overweight.

These medicines can only be prescribed by Specialist Weight Management Services, which provide dietary, lifestyle, psychological and behaviour change support.

**Specialist Weight Management Services in Devon**

Access to Specialist Weight Management Services is via GP referral only.

Adults who are referred to Specialist Weight Management Services must be motivated to engage with a weight loss programme. An initial clinical and lifestyle assessment is undertaken, and other treatment options provided before consideration of prescribing medicines to support with weight loss, as not all adults will be suitable.

Demand for these services is currently high with long waiting lists. A review of all weight management services is currently underway across Devon to address this.

**Useful Sources of Information**

There are other services and useful sources of information available to support adults with weight management, these are as follows:

**ONE YOU PLYMOUTH**

One You Plymouth offer advice and support to help adults to improve their diet and achieve a healthy weight via a 12-week face to face, or virtual, wellness and weight loss programme for 1.5 hours per week for 6 fortnightly sessions.

Adults who are registered with a Plymouth GP practice can self-refer to this service.

More information: [www.oneyouplymouth.co.uk](http://www.oneyouplymouth.co.uk)

**YOUR HEALTH TORBAY**

Your Health Torbay offers nutritional and fitness advice according to individual needs. The service offers personalised support which is decided following an initial one to one assessment.

Adults who are registered with a Torbay GP practice can self-refer to this service.

More information: [www.yourhealthtorbay.co.uk](http://www.yourhealthtorbay.co.uk)

**Healthier You Diabetes Prevention Programme**

This service is for adults who have been identified as being at risk of developing Type 2 Diabetes. It provides a nine-month lifestyle change programme, delivered across Devon, aiming to help prevent diabetes through healthier eating, physical activity, problem solving, stress reduction and coping skills.

Access to this service is via GP referral only. If you are interested in joining this programme discuss this with your GP to find out whether it is suitable for you.

**NHS Better Health**

This national website has a range of free tools to help adults to lose weight including weight loss plans and programmes.

More information: [www.nhs.uk/better-health](http://www.nhs.uk/better-health)

**Best You**

The BestYou app supports wider health and wellbeing goals including increasing activity levels, stopping smoking, managing weight, and reducing alcohol consumption.

More information: [www.best-you.org](http://www.best-you.org)

**MyHealth Devon**

Information about local services and support for weight management.

More information: [www.myhealth-devon.nhs.uk](http://www.myhealth-devon.nhs.uk)

**If you have Type 2 Diabetes**

**NHS Type 2 Diabetes Path to Remission Programme**

This programme provides low calorie, total diet replacement treatment for adults who are aged 18 to 65 years, living with type 2 diabetes. Adults are offered 12 weeks of total diet replacement followed by reintroduction of food, ongoing education and one to one behaviour change support.

Access to this service is by GP referral only. If you are interested in joining this programme discuss this with your GP to find out whether it is suitable for you.

**If you have diabetes, hypertension or both**

**NHS Digital Weight Management Programme**

This national programme supports adults living with obesity who also have a diagnosis of diabetes, hypertension, or both, to manage their weight and improve their health. It is a 12-week online behavioural and lifestyle programme that adults can access via a smartphone or computer with internet access.

Access to this service is by GP or pharmacy referral only.

More information: [www.england.nhs.uk/digital-weight-management](http://www.england.nhs.uk/digital-weight-management)

**If you need psychological support**

If the way you are feeling affects your daily life, or if you are struggling to cope, feeling low, anxious, worried, or overwhelmed there are services in Devon that provide free, confidential one to one support to help improve mental and physical wellbeing.

**TALKWORKS DEVON (Devon wide excluding Plymouth)**

More information: [www.talkworks.dpt.nhs.uk](http://www.talkworks.dpt.nhs.uk)

**PLYMOUTH TALKING THERAPIES**

More information: [www.livewellsouthwest.co.uk/plymouth-options](http://www.livewellsouthwest.co.uk/plymouth-options)

**Please note that while these services offer weight management support for adults, they do not offer the same level of intervention as a Specialist Weight Management Service.**