**Tier 3 Specialist Weight Management Services**

**Introduction**

There are many services provided across Devon, and nationally, to help people with weight management, including weight loss and weight maintenance. These services are usually delivered across different tiers of care, according to individual needs. They can vary according to where people live but usually:

* Tier 1 covers community early prevention (health promotion, self-care),
* Tier 2 covers lifestyle interventions (diet, nutrition, behaviour change),
* Tier 3 covers specialist weight management services.
* Tier 4 covers complex obesity including bariatric surgery.

NICE have recommended that Liraglutide (Saxenda) and Semaglutide (Wegovy) medicines are treatment options for weight management, including weight loss and weight maintenance. These medicines form part of several treatments available in the UK to support with overweight and obesity.

These two weight loss drugs are recommended for weight management only via Specialist Weight Management services that provide dietary, lifestyle and behaviour modification, with or without drug therapy, and psychological support.

Additionally, people aged 18 and over who are living with obesity and have a body mass index (BMI) of more than 35 and one qualifying weight related comorbidity will be able to have access to the weight loss drug Tirzepatide, either through a specialist weight management service or primary care, once rolled out nationally. Further information relating to this can be found [here](https://devonformularyguidance.nhs.uk/documents/Referral-Documents/Referral-Locality-Specific-Documents/Weight-Management/Expanding-Access-to-the-Weight-Loss-Drug-Tirzepatide-FAQs_December-2024_-Final-5.12.24.docx#asset:171650@2:url).

**Commissioned Tier 3 Specialist Weight Management Services**

Devon ICB currently commissions Tier 3 Specialist Weight Management services from:

* Torbay and South Devon Foundation Trust

Email: [Weightmanagement@nhs.net](mailto:Weightmanagement@nhs.net)

* Livewell Southwest

Email: [livewell.weightmanagement@nhs.net](mailto:livewell.weightmanagement@nhs.net)

* Royal Devon University Hospital

Telephone: 01271 322306

These services provide diet, exercise, and psychological support.

All servicescurrently have waiting times of more than 18 months for the initial assessment of people referred to them. Local services have recently agreed a process to prioritise access for those with highest clinical need and will expedite patients:

* With sight threatening idiopathic intracranial hypertension
* Awaiting organ transplantation
* Awaiting life-saving cardiac surgery

Further information about these services is included in the CRG and on each services referral form for ease of reference - [Eastern](https://northeast.devonformularyguidance.nhs.uk/referral-guidance/eastern-locality/weight-management/tier-3-4-adult-weight-management-pathway), [Northern](https://northeast.devonformularyguidance.nhs.uk/referral-guidance/northern-locality/general-medicine/tier-3-4-adult-weight-management-pathway), [Torbay and South Devon](https://southwest.devonformularyguidance.nhs.uk/referral-guidance/south-devon-torbay/weight-management/tier-3-4-adult-weight-management-pathway), [Western](https://southwest.devonformularyguidance.nhs.uk/referral-guidance/western-locality/weight-management/tier-3-4-adult-weight-management-pathway)

Once patients are accepted into the service, an initial full clinical and lifestyle assessment will be undertaken. Patients with active mental health issues or binge eating disorder will need to receive support for these before entering the weight management programme. Patients will be assessed for suitability of treatment options, including medication or bariatric surgery, as part of the programme. Not all patients will be eligible for these interventions and options available for patients will be discussed at an individual level.

Tier 3 Specialist Weight Management providers in Devon are presently working with the ICB to agree how and when they will be able to fully comply with the NICE recommendations with regards weight loss medication and meet waiting time standards. This involves determining the best approach to managing the waiting list along with ensuring that resources are in place to support with prescribing, including considerations around national availability of medication.

TSDFT, LWSW and RDUH Tier 3 services are not currently prescribing weight loss medication whilst this work is underway. In all cases patients should not be referred to Tier 3 services if they are solely seeking weigh loss medication.

A patient information leaflet has been developed to help describe the situation relating to Tier 3 services and prescribing for patients. This can be found [here](https://myhealth-devon.nhs.uk/images/Tier-3-Weight-Management-Services-Position-Statement-Patients-Final-04.11.2024.pdf).

**Oviva**

The ICB is aware that Oviva, a provider of digitally enabled weight management programmes, are actively publicising their Tier 3 Digital Weight Management Service, inclusive of GLP-1 medication prescribing. They have contracts in place for delivery of this with other ICBs and are now accepting referrals from all ICBs in England under the Right to Choose Framework.

Referrals for Devon patients should be made via DRSS inclusive of:

* A referral letter providing evidence that the patient meets local Devon Tier 3 Specialist Weight Management Service criteria as per Devon Clinical Referral Guidelines - [Eastern](https://northeast.devonformularyguidance.nhs.uk/referral-guidance/eastern-locality/weight-management/tier-3-4-adult-weight-management-pathway), [Northern](https://northeast.devonformularyguidance.nhs.uk/referral-guidance/northern-locality/general-medicine/tier-3-4-adult-weight-management-pathway), [Torbay and South Devon](https://southwest.devonformularyguidance.nhs.uk/referral-guidance/south-devon-torbay/weight-management/tier-3-4-adult-weight-management-pathway), [Western](https://southwest.devonformularyguidance.nhs.uk/referral-guidance/western-locality/weight-management/tier-3-4-adult-weight-management-pathway)
* An [Oviva referral form](https://oviva.com/uk/wp-content/uploads/sites/4/2024/08/Oviva-T3WM-Referral-Form-x-v4.docx) attached to the letter.

DRSS will then discuss with patients, the options available to them. Please be aware that this is a digital service offer only, at the point of referral please indicate if a digital offer is suitable for patients to ensure DRSS offer appropriate options.

**Useful Resources**

In addition to referral to Tier 3 Specialist Weight Management Services there are other services and useful sources of information available to support people with weight management, these are as follows:

**ONE YOU PLYMOUTH**

One You Plymouth offer advice and support to help people 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.

Access to this service is for people who are registered with a Plymouth GP practice.

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.

Access to this service is for people who are registered with a Torbay GP practice.

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

**Healthier You NHS Diabetes Prevention Programme**

This service is for people who have been identified as being at risk of developing Type 2 Diabetes.

They provide 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.

Patient access to this service is via GP referral only.

Referral information: [Devon - Preventing Diabetes (preventing-diabetes.co.uk)](https://preventing-diabetes.co.uk/referrers/devon/)

**For patients that have Type 2 diabetes**

**Type 2 Diabetes Path to Remission Programme**

This programme provides low calorie, total diet replacement treatment for people who are living with type 2 diabetes.

People are offered 12 weeks of total diet replacement followed by reintroduction of food, ongoing education and one to one behaviour change support.

Patient access to this service is by GP referral only.

North and East Devon referral information:

[NHS Tier 2 Diabetes Pathway to Remission (T2DR) Programme – North & East](https://northeast.devonformularyguidance.nhs.uk/referral-guidance/eastern-locality/endocrinology/type-2-diabetes-path-to-remission-programme)

South and West referral information:

[NHS Tier 2 Diabetes Pathway to Remission (T2DR) Programme – South & West](https://southwest.devonformularyguidance.nhs.uk/referral-guidance/western-locality/endocrinology/type-2-diabetes-path-to-remission-programme)

**For patients with 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 people can access via a smartphone or computer with internet access.

Patient access to this service is by GP or pharmacist referral.

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

**For patients that need psychological support**

If patients 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 service, excluding Plymouth)**

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

**PLYMOUTH TALKING THERAPIES (Plymouth only)**

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

**Additional resources**

**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: [MyHealth Devon – Weight Management](https://myhealth-devon.nhs.uk/my-condition/weight-management)

**Please note, that while these are useful resources and sources of support, they do not offer the same level of intervention as a Tier 3 Specialist Weight Management Programme.**