**BMI >30**

**BMI 27.5 ethnicity adjusted**

**Type 2 Diabetes (diagnosed within last 6 years)**

**At risk of developing type 2 diabetes**

**Diabetes Prevention Programme**

Support for people with prediabetes and those that have a history of gestational diabetes to make lifestyle changes to reduce the risk of developing type 2 diabetes.

GP and self-referrals.

[More information](https://preventing-diabetes.co.uk/locations/devon/)

**Diabetes Path to Remission Programme**

Weight loss and healthy lifestyle programme for newly diagnosed type 2 diabetes within last 6 years, adults aged 18-65 years.

GP referrals only.

[More information](https://oviva.com/uk/en/for-primary-care-t2dr/)

**National NHS Digital Weight Management Programme**

A 12-week online lifestyle programme for people with type 2 diabetes and/or high blood pressure.

GP and pharmacy referrals.

[More information](https://www.england.nhs.uk/digital-weight-management/how-to-access-the-programme/)

**Plymouth ‘One You’**

12-week group face to face or digital weight loss programme.

GP or self-referral.

[More information](https://www.oneyouplymouth.co.uk/lose-weight)

Full referral criteria ([CRG](https://southwest.devonformularyguidance.nhs.uk/referral-guidance/western-locality/weight-management/tier-1-2-adult-weight-management-pathway))

**NHS Better Health Programme**

Information and access to a 12-week weight loss plan.

[More information](https://www.nhs.uk/better-health/lose-weight/)

**Best You**

Free app to support with people achieving health and wellbeing goals.

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

Consider referral/signposting to IAPT in conjunction with referrals to any services for patients with anxiety and depression.

**Plymouth Talking Therapies**

Offering support to adults (16+) with common mental health problems.

Self-referral encouraged.

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

**Talkworks (excluding Plymouth)**

Offering one to one support to adults (18+) experiencing common mental health problems.

GP referral [More information](https://www.talkworks.dpt.nhs.uk/healthcare-professional)

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

**www.myhealth-devon.nhs.uk**

**Bariatric follow up >2 years**

Routine annual monitoring in Primary Care.

**There is currently high demand for Specialist Weight Management Services****.**

Please consider referral to any of the options detailed on this page in conjunction with specialist weight management referrals, as appropriate.

**Bariatric Surgery**

Surgery provided at Plymouth and Taunton to support severely overweight patients with weight loss.

Referral for Bariatric surgery is via Tier 3 Specialist Weight Management services only.

**Bariatric follow up <2 years**

**NHS Funded Surgery** via bariatric or specialist weight management services.

**Privately funded** patients to ensure part of private service offer or arrange appropriate private followup.

**Previous bariatric surgery**

**BMI >40**

**BMI >35 with co-morbidities**

**BMI >30, diagnosed type 2 diabetes within last 6 years**

**Torbay ‘Your Health’**

Tailored nutritional and exercise support.

GP or self-referral.

[More information](https://yourhealthtorbay.co.uk/support/weight-management/)

Full referral criteria ([CRG](https://southwest.devonformularyguidance.nhs.uk/referral-guidance/south-devon-torbay/weight-management/tier-1-2-adult-weight-management-pathway))

**North, East, South & West Devon**

**Specialist Weight Management**

12-month behaviour change weight management support, with prescribing for appropriate people.

North 01271 322306 [referral form](https://devonformularyguidance.nhs.uk/documents/Referral-Documents/Referral-Forms/Weight-Management/North-Devon-WMS-Referral-Form-2024-V21.docx#asset:170495@3:url)

Exeter and East 01392 402294 [referral form](https://devonformularyguidance.nhs.uk/documents/Referral-Documents/Referral-Forms/Weight-Management/Exeter-and-East-Devon-WMS-Referral-Form-2024-V21.docx#asset:170493@3:url)

Plymouth/West 01752 434623 [referral form](https://devonformularyguidance.nhs.uk/documents/Referral-Documents/Referral-Forms/Weight-Management/Plymouth-West-Devon-WMS-Referral-Form-2024-V21.docx#asset:170494@2:url)

Torbay and South 01803 654823 [referral form](https://devonformularyguidance.nhs.uk/documents/Referral-Documents/Referral-Forms/Weight-Management/Torbay-WMS-Referral-Form-2024-V21.docx#asset:170496@2:url)

Full referral criteria (link to CRGs, [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))

All patients are required to engage with a weight loss programme prior to consideration of weight loss medications e.g., Saxenda, Wegovy.

Consider referral to **Diabetes Path to Remission** alongside referral to Specialist Weight Management for any patients with Diabetes.

**BMI >25**

**BMI >23 ethnicity adjusted**