

# **ONE BROMLEY**

WORKING TOGETHER TO IMPROVE HEALTH AND CARE IN BROMLEY

## **Adult Weight Management Services in Bromley**

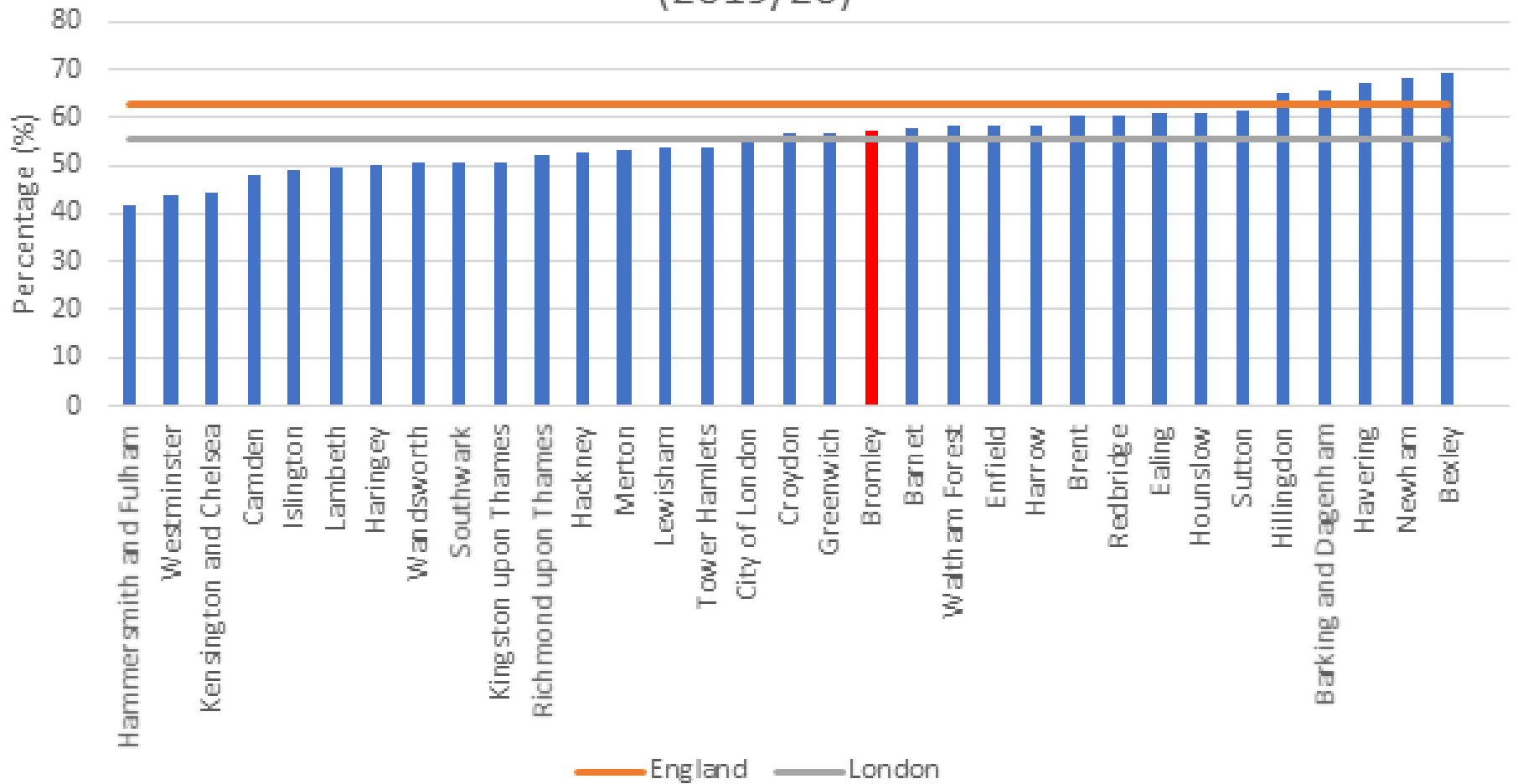
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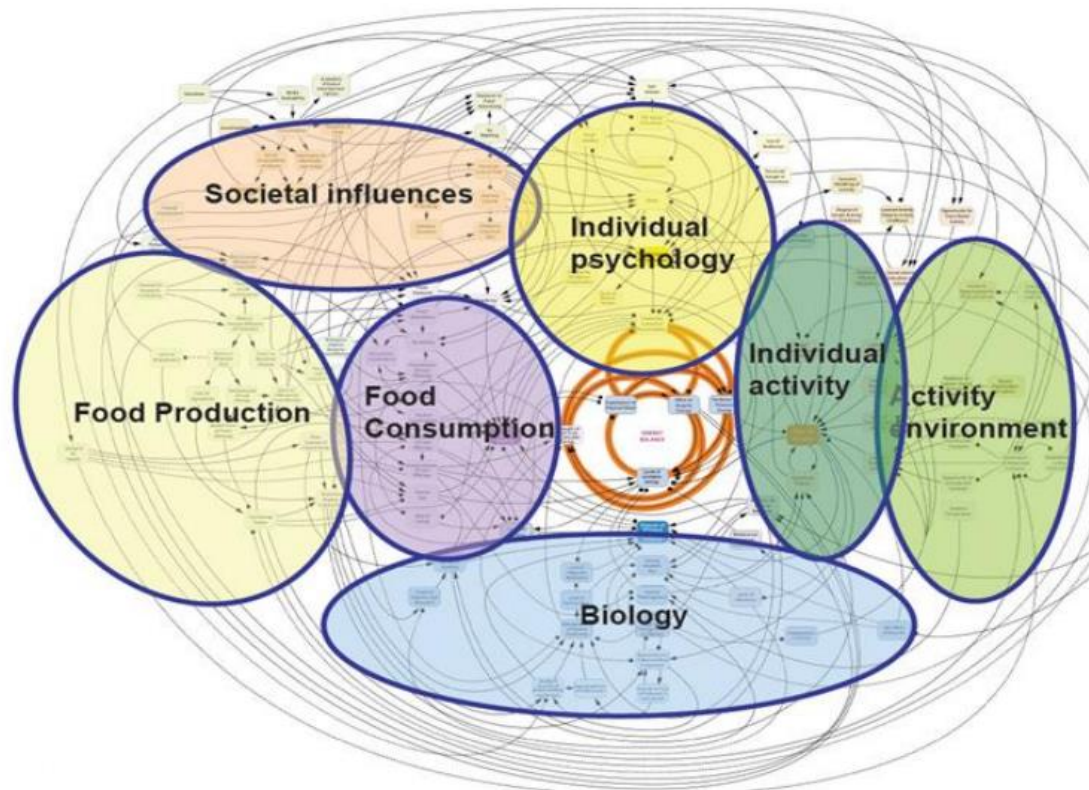
# Percentage of adults (aged 18+) classified as overweight or obese (2019/20)



Ref: Active Lives survey 2019/20



**ANNEX 5: Examples of current and future activities by PHE mapped against the Foresight Report Tackling Obesity, Obesity Systems Map<sup>vi</sup>**



PHE15-37 Obesity panel follow up v00.05 (20150918).docx 18/09/2015 18:37

**Examples of PHE activities under each theme:**

- All
  - Whole systems approach programme of work
- Biology
  - Scientific Advisory Committee on Nutrition
  - National Child Measurement Programme
  - National Diet and Nutrition Survey
- Food Production
  - Government Buying Standards, Healthier Catering guidance
- Food Consumption
  - Sugar reduction programme , NHS Choices, Eatwell plate, 5-a-day
  - Workplace Wellbeing Charter
  - Regulating the growth of fast food outlets near schools
  - Support provision of healthier food within the NHS
  - Support the School Food Plan
- Societal Influence
  - Change4life campaigns
  - Start4life programme
  - Promote use of food competency framework
  - School and community based activities e.g. Social Landlords and Healthy Eating project. HITZ programme, Something to chew on programme
- Activity Environment
  - Town and Country Planning Association workshops on Healthy Weight Environments
  - Everybody Active Every Day framework
  - Workplace Wellbeing Charter
- Individual Psychology
  - Embedding mental health toolkit into programmes
  - Helping Overcome Obesity Pilot
  - Men's Health Forum practitioners guide
  - Active for life
- Individual Activity
  - EAED framework
  - School and community based activities e.g.

The complicated picture of Obesity – benefit from a Whole Systems approach



# Bromley Adult Weight Management Workstreams

A number of groups with an Obesity focus.

- One Bromley Obesity Working Group - Local Bromley commissioners, providers, Public Health
- SEL CCG Obesity Group – New group of Public Health Obesity Leads.
- SEL Diabetes and Obesity Commissioning Group – Commissioners from across SEL
- Health and Wellbeing Board – Obesity identified as a priority.



# Bromley Adult Weight Management Programmes



**Exercise on referral**  
Commissioned by SEL CCG

**Tier 4 Bariatric surgery**  
Commissioned by SEL CCG

**Tier 3 Healthy weight programme referrals (GSTT)**  
Commissioned by SEL CCG. 1 year programme

**NHS Diabetes Prevention Programme NDPP**  
Commissioned by NHS England  
9 month programme

NHS Diabetes Prevention Programme

Local Authority services

NHS Digital Weight Management Programme

**Tier 2 : 12 week programmes**  
Tier 2 - NHS Digital Weight Management Programme  
Diabetes and/or Hypertension  
Tier 2 - Slimming World  
Commissioned by LBB with ring fenced grant for 2021-22 from OHID

**Tier 1: Universal prevention services**  
Better Health NHS Weight Loss Plan app

Tier 1 – Universal – Better Health Lose weight - Better Health - NHS Physical Activity <https://www.nhs.uk/better-health/get-active/>



Calculate BMI by measuring height and weight [BMI calculator](#) | [Check your BMI - NHS](#) | [Please fill in your details \(www.nhs.uk\)](#)

## UNIVERSAL Support (Tier 1)

Better Health [Lose weight - Better Health - NHS \(www.nhs.uk\)](#) – link to free NHS 12 week digital weight loss programme, BMI calculator, Easy meals app, eating well on budget, recommended weight loss programmes (Physical Activity <https://www.nhs.uk/better-health/get-active/> Link to Couch to 5k & Active 10 app) (paper version 12 week programme [all-weeks.pdf](#)) ([create.nhs.uk](#))

## Tier 2 weight management services

### Non-Condition specific

#### [Slimming World \(Until March 2022\)](#)

12-week FREE multi-component weight management programme. Weekly 1-hour sessions.

(Need to attend first session before 31.03.22)  
Borough wide

#### Eligibility criteria:

- Adults ≥ 18 years
- BMI ≥ 30kg or 27.5 for those from Black African/ Caribbean and Asian backgrounds.\*

\* The BMI threshold will be lower at 27.5 for people from Black, Asian and ethnic minority backgrounds, as we know people from these ethnic backgrounds are at an increased risk of conditions such as Type 2 diabetes at a lower BMI.

Exclusion: Not a paying member of SW for 3months

**GP Practice referral** – via the weight management ROP

### Physical activity

**Exercise on referral schemes** (\* charges for some conditions) ([FreshStart](#) | [Mytime Active](#), [HeartSmart](#) | [Mytime Active](#), and [ESCAPE-Pain](#) | [Mytime Active](#)) Referrals on EMIS

### Condition specific

[Healthier You | Diabetes Prevention Programme](#) NDPP - Prediabetes 9 Month behavioural change online course aimed to support long term behaviour change for weight loss to prevent onset of diabetes. Currently offered on-line and telephone, digital programme available, face to face will resume at some point. Available on-line/telephone in a range of community languages

#### Eligibility Criteria:

- Referrals EMIS form on ROP
- Not pregnant
- 18 years and over
- HbA1c 42-47 (6.0-6.4%) or Fasting Plasma Glucose between 5.5-6.9mmol/within 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

#### [NHS England x The NHS Digital Weight Management Programme](#)

12-week programme offers free, online access to weight management services. 3 levels of support available incl. a combination of digital and human coaching

Ideally need access to internet using a smartphone or computer.

#### Eligibility criteria:

- 18 years and over
- BMI ≥ 30 (adjusted to >27.5 for BAME participants)
- Has a diagnosis of diabetes (T1 or T2) or hypertension or both
- e-RS Referral by GP Practice to the NHS Digital Weight Management Programme – Clinical templates available from Ardens or EMIS
- Patient will be contacted via text message or email within 2 working days. This message, from "NHS WMP" will contain a link to a website from which patients can access the list of available programmes e.g., Digital only offer, 50mins coaching, 100mins coaching.
- For those patients who are unable to receive text messages or access the internet, they will receive a phone call directly to landline or mobile including alternative language options.

## Tier 3 weight management service

**Tier 3 Healthy Weight Programme (GSTT)** [Healthy weight programme referrals](#)  
This is a 1 year multi disciplinary led programme of group based sessions (currently virtual)

A 1-1 initial assessment video call with a dietitian

A choice of 2 online programmes:

**BALANCE** – Nutrition education alongside behaviour change, psychology and physical activity. 18 group sessions over the course of a 12 month period

**FAST** – Evidence based total meal replacement programme for more rapid weight loss following by food reintroduction, nutrition education, psychology and physical activity, 18 group sessions over 12 months

FUP at 18 and 24 months

Review by a clinically led MDT within the medical obesity service

Integrated support from clinical psychologist with option for 1:1 support if required; Initial assessments take place every week day. Evenings and weekday groups available

#### Criteria

- Over 18s
- BMI >40 or BMI 35 with T2 Diabetes
- Motivated to lose weight
- Willing to take part in an online group based programme requiring regular attendance
- Referrals must be sent via e-RS available under "Dietetics" (speciality) and "Weight Management" (clinic type) and "SEL Tier 3 Healthy Weight Programme" (service name)

## Tier 4 weight management service

### Tier 4 Bariatric surgery criteria (from April 2019)

-BMI 40-44 plus two major co-morbidities

-BMI 45 or more plus one major co-morbidity

-All appropriate non-surgical methods have been tried

The person has been receiving or will receive intensive management in a Tier 3 service, is generally fit for anaesthesia and surgery, and commits to the need for long-term follow-up

**BMI over 50 can be referred directly to bariatric surgery.**

For referral information see Weight Management ROP in EMIS

All information correct Jan 2022 - Public Health: [brocc@Nhsccproviders@nhs.net](mailto:brocc@Nhsccproviders@nhs.net)

## Programmes for patients with pre-Diabetes or Type 2 Diabetes

All newly diagnosed T2 diabetes & pre-diabetes pts must be referred to the following programmes below in the first instance including any pts who have not yet attended Diabetes Structured Education or NDPP



### National Diabetes Prevention Programme

- Pre-diabetes or a previous gestational diabetes diagnosis
- No BMI specification

### Diabetes Book & Learn – Type 2 Education

- Diabetes diagnosis - Access to diabetes courses in south London
- Referrals can be made by all healthcare professionals



## Local Sports and Leisure Services

Please see here for the most up to date information

**MyTime Active:** for a variety of sport and leisure activities and venues\*

**Healthy Lifestyles schemes in parks and open spaces**

Free Outdoor Gyms - Located in Betts Park, Anerley and Farnborough Recreation Ground: Free access to the public.

[https://www.bromley.gov.uk/info/200073/parks\\_and\\_open\\_spaces/788/outdoor\\_gyms](https://www.bromley.gov.uk/info/200073/parks_and_open_spaces/788/outdoor_gyms)

**Penge Green Gym:** Winsford Gardens, Garden Road, London, SE20 7RN every Wednesday 11am-2pm. [www.pengegreengym.org.uk](http://www.pengegreengym.org.uk)

**Bromley Green Gym:** This meets at College Green and Slip, West Street, Bromley, BR1 1PA every Friday 11am-2pm. [www.tcv.org.uk/Bromley-Green-Gym-TCV](http://www.tcv.org.uk/Bromley-Green-Gym-TCV)

**Referral schemes:** (free 12 sessions, if meeting eligibility criteria)

**Fresh Start** - for people with a wide range of medical conditions, from arthritis and diabetes, to depression, obesity and cancer, to name a few.

**Heart Smart** - for people who have Coronary Heart Disease (CHD)

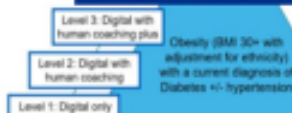
For more information: [www.mytimeactive.co.uk](http://www.mytimeactive.co.uk) Telephone: 0208 290 4000

Version 25/11/2021

## NHS Digital Weight Management Programme

- BMI  $\geq 30$  (with adjustment for ethnicity)
- Current diagnosis of **diabetes** (type 1 or 2) and/or **hypertension**
- [NHS England » The NHS Digital Weight Management Programme](#)
- **NOTE:** Patients will only be able to access this programme if they have a smartphone or computer with internet access.

### The NHS Digital Weight Management Programme



(Until March 2022)

- BMI  $\geq 30$  ( $\geq 27.5$  for Black Caribbean, Black African and Asian ethnicities)
- 12 week free weight loss programme for people in tier 2
- GP Practice referral only
- Must be referred before 31/3/2022
- [Welcome to Slimming World - helping slimmers achieve their dreams since 1969 | Slimming World](#)

To make referrals: to Tier 2/3 weight management using the Referrals Optimisation Programme (ROP) for Weight Management within the EMIS system

## Tier 2/3 Weight Management Services

### Tier 3 Healthy Weight Management Programme (GSTT)

- BMI  $>40$  or BMI 35 with type 2 Diabetes
- Support patients with complex needs associated with severe obesity
- Over 18s
- 12 month programme of group sessions (currently online due to pandemic)

## Online Resources and Apps

- [Diabetes NHS](#)
- [NHS Weight Loss App](#)
- [Couch to 5k](#)
- [NHS LiveWell : Healthy Weight & Exercise](#)
- [NHS Better Health](#)
- [Low Carb Programme App\\*](#)
- [X-PERT – Junior Diabetes Education for Children pilot Tier 1 via Diabetes](#)
- \*Charge applicable



## Other Fitness Opportunities

- [Park Run Bromley](#)
- [Primetime\\*](#)
- [Silverfit\\*](#)
- [Get Active Activity finder](#)
- [Palace for life Foundation](#)
- [Walking for health – Relaunch due in Jan 2022](#)



# Identifying individuals who would benefit from the Weight Management Programmes

- Opportunities for:
  - Community Champions,
  - Community Pharmacies,
  - Self referral for the universal programmes – Better Health campaigns
- Primary Care remains the main mechanism for individuals to be identified:
  - NHS Health Checks
  - Weight Management Referral Optimisation Protocol
  - Computer searches
  - National Incentive Scheme
  - Social Prescribing Team
  - Dietitians
  - Health Coaches - NEW



# Primary Care Developments

- National enhanced service encourages practices to develop a supportive environment for clinicians to engage with patients living with obesity about their weight
- This enhanced service goes alongside a broader expansion of weight management services, including the launch of the NHS Digital Weight Management Service for those with hypertension and diabetes, and further investment into local authority tier 2 services.
- Workforce expanded who can refer into these pathways and now includes all healthcare professionals such as social prescribers and PCN dietitians

# Outcomes and Future

- Slimming World are required to submit data to OHID and to LBB according to minimum dataset. [Adult weight management MDS technical guidance v1.2.pdf](#)
- Slimming World is currently only funded until the end of March. We are waiting to hear if we get further funding for next financial year.
- Outcomes for other programmes managed by the commissioning organisation

# Thank you for listening

## Questions?

