

# LLR Weight Management Services

	Service description	Session format	Target audience	Professional Referral	Self Referral	Leicester City	Leicester County	Rutland
Weight Management (Adult Tier 2) Via Weight Management Leicestershire	<ul style="list-style-type: none"> <li>Behavioural change</li> </ul>	<ul style="list-style-type: none"> <li>Digital group or 1-1</li> <li>30-45 minutes</li> </ul>	<ul style="list-style-type: none"> <li>BMI &gt;25 and BMI &gt;23 (BAME) with or without comorbidities (currently no upper BMI limit)</li> </ul>	<p>✔ Yes</p> <p><a href="https://firstcontactplus.org.uk/making-a-referral/">https://firstcontactplus.org.uk/making-a-referral/</a></p>	<p>✔ Yes</p> <p><a href="https://firstcontactplus.org.uk/making-a-referral/">https://firstcontactplus.org.uk/making-a-referral/</a></p>		✔ Yes	✔ Yes
Weight Management (Learning Disabilities) Healthy4Me Via Weight Management Leicestershire	<ul style="list-style-type: none"> <li>Healthy living; how food affects our health, creating shopping lists, preparing meals, reducing food waste</li> </ul>	<ul style="list-style-type: none"> <li>8 x1 hour group sessions.</li> <li>Face to face</li> </ul>	<ul style="list-style-type: none"> <li>Adults with a Learning disability</li> </ul>	<p>✔ Yes</p> <p><a href="https://firstcontactplus.org.uk/making-a-referral/">https://firstcontactplus.org.uk/making-a-referral/</a></p>	<p>✔ Yes</p> <p><a href="https://firstcontactplus.org.uk/making-a-referral/">https://firstcontactplus.org.uk/making-a-referral/</a></p>		✔ Yes	
Weight Management (Men) Via Weight Management Leicestershire	<ul style="list-style-type: none"> <li>Healthy eating, meal planning and preparation.</li> <li>Physical activity</li> </ul>	<ul style="list-style-type: none"> <li>9 x 1 hour group sessions.</li> <li>Option of digital available</li> </ul>	<ul style="list-style-type: none"> <li>Males</li> <li>BMI &gt;25 and BMI &gt;23 (BAME) with or without comorbidities (currently no upper BMI limit)</li> </ul>	<p>✔ Yes</p> <p><a href="https://firstcontactplus.org.uk/making-a-referral/">https://firstcontactplus.org.uk/making-a-referral/</a></p>	<p>✔ Yes</p> <p><a href="https://firstcontactplus.org.uk/making-a-referral/">https://firstcontactplus.org.uk/making-a-referral/</a></p>		✔ Yes	
Weight Management (Pregnancy) Via Weight Management Leicestershire	<ul style="list-style-type: none"> <li>Pre and post pregnancy – achieve and maintain a healthy weight.</li> <li>During pregnancy – healthy lifestyle support.</li> </ul>	<ul style="list-style-type: none"> <li>12 weeks</li> <li>1-1</li> <li>Home visits</li> <li>30-45 minutes</li> </ul>	<ul style="list-style-type: none"> <li>Pre, during and post pregnancy</li> </ul>	<p>✔ Yes</p> <p>(Referral must be made by a midwife)</p> <p><a href="https://firstcontactplus.org.uk/making-a-referral/">https://firstcontactplus.org.uk/making-a-referral/</a></p>	<p>✔ Yes</p> <p><a href="https://firstcontactplus.org.uk/making-a-referral/">https://firstcontactplus.org.uk/making-a-referral/</a></p>		✔ Yes	
NHS Digital Weight Management Programme	<ul style="list-style-type: none"> <li>Behavioural and lifestyle education. 12 weeks</li> <li>3 levels of support:               <ol style="list-style-type: none"> <li>Digital only</li> <li>Digital + health coaching</li> <li>Digital + extra health coaching + challenges and games</li> </ol> </li> </ul>	<ul style="list-style-type: none"> <li>Online</li> </ul>	<ul style="list-style-type: none"> <li>Over 18s</li> <li>For those with a BMI over 30 or over 27.5 if from a Black, Asian or other ethnic community, who also have Diabetes or High Blood Pressure or both.</li> </ul>	<p>✔ Yes</p> <p>Practices must register to refer Referral via SystemOne or PRISM</p>		✔ Yes	✔ Yes	✔ Yes
Healthier You: NHS Diabetes Prevention Programme	<ul style="list-style-type: none"> <li>Nutritional guidance and support</li> <li>Physical activity advice</li> </ul>	<ul style="list-style-type: none"> <li>Group sessions or 1-1 digital sessions.</li> </ul>	<ul style="list-style-type: none"> <li>Over 18s</li> <li>HbA1c 42-47mmol/l or 6.0-6.4%</li> <li>Or fasting plasma glucose of 5.5-6.9 mmol/l</li> <li>All within past 12 months</li> </ul>	<p>✔ Yes</p> <p>Practices must register to refer Referral via SystemOne or PRISM</p>		✔ Yes	✔ Yes	✔ Yes

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Tier 3 Adult Severe and Complex Weight Management Multi-disciplinary Service	<ul style="list-style-type: none"> <li>Specialist weight management service</li> <li>Multiple treatment pathways including psychology, physical activity, diet and behavioural change, clinical and pharmacotherapy, low energy diet</li> </ul>	<ul style="list-style-type: none"> <li>In person, group and virtual</li> </ul>	<p>Eligibility:</p> <ul style="list-style-type: none"> <li>Aged 18 and over</li> <li>BMI 40kg/m<sup>2</sup> or above or 35Kg/m<sup>2</sup> with specific co-morbidities</li> <li>BMI 37.5kg/m<sup>2</sup> or above or 32.5Kg/m<sup>2</sup> with specific co-morbidities people of South Asian, Chinese, other Asian, Middle Eastern, Black African or African-Caribbean family background (as per NICE guidelines)</li> <li>Patient has attended lifestyle and/or weight management service for intervention within the last 12 months</li> <li>Patient has demonstrated a commitment to lifestyle change</li> </ul>	<p>✔ Yes</p> <p>Referral via SysmOne or PRISM</p>		✔ Yes	✔ Yes	✔ Yes