

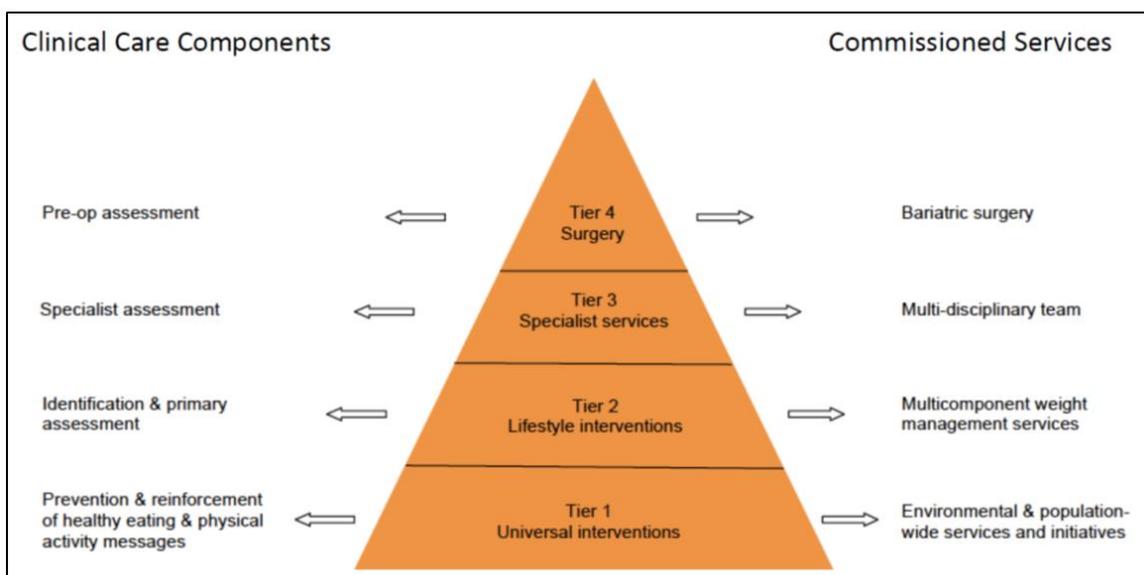
## Weight Management Services – What are your views?

Southend Clinical Commissioning Group (CCG) is working with six other CCGs across Essex to commission (buy) a Specialist Weight Management Service and we would like to hear your views on what we are proposing before we start this service.

Mid Essex CCG is leading this project on our behalf in partnership with, Castle Point and Rochford, Basildon & Brentwood, Thurrock, West Essex and North East Essex CCGs. CCGs are responsible for buying health services on your behalf and making sure these services are of good quality, safe and easily accessible when you need them.

### What is a Tier 3 Weight Management Service?

Currently there are four levels (known as tiers) of services offering help and support to people with obesity in Essex. The layers of services looks like this, with Tier 1 being fairly low-level intervention (reinforcing healthy eating messages etc.) through to Tier 4 which is for a major intervention i.e. weight loss surgery (bariatric surgery):



Within Southend, the first two tiers of services are commissioned and managed by the Public Health Team in Southend Borough Council.

Services in Tier 3 are commissioned by CCGs.

Tier 4 services are commissioned by NHS England.

Currently Tier 3 services are being provided on an interim basis, by MoreLife UK. We want to make sure that there is a consistent approach to the Tier 3 services across the county when the current, interim service comes to an end.

### What does a Tier 3 Weight Management Service involve?

A Tier 3 Weight Management Service is for obese individuals who have not responded to previous interventions by participating in a Tier 2 service. The service

is provided by a multi-disciplinary team of specialists, led by a clinician and typically includes: a physician (consultant or GP with special interest); a specialist nurse; specialist dietician; psychologist or psychiatrist; and physiotherapist/physical activity specialist.

The overall aim of the service is to reduce the obesity rate in Essex and prevent related illness. In turn, the service also aims to lower the number of patients needing referral to the Tier 4 – bariatric surgery.

### **How do you become eligible for Tier 3 Weight Management Services?**

- The service is available for adults aged 18 years and over – *childhood obesity services are managed and commissioned by the Public Health Team within Southend Borough Council.*
- Patients must be registered with a GP within the boundaries of one of the Essex CCG areas.
- Pregnant women will be offered the Tier 2 maternity obesity service with additional psychological support from the Tier 3 provider as required. After pregnancy, these women can enter into Tier 3 services if they are eligible.
- Patients must have completed a Tier 2 service prior to accessing the Tier 3 service. Patients that meet the eligibility criteria for Tier 3 but have not completed a Tier 2 service, will still need to be referred to Tier 2.
- Patients must have a Body Mass Index (BMI) of 40 and over with/without related illnesses including Hypertension, Stroke, Type 2 Diabetes, and sleep apnoea. Patients with a BMI of 35 with confirmed obesity related illnesses will also be eligible. A BMI is a measure that adults can use to see if they are a healthy weight for their height.
- All patients who access the service will be required to show a commitment to a lifestyle change.

There will be some occasions when patients will not be suitable for the service, such as those who have had bariatric surgery within the last 12 months, have heart or renal conditions, dementia or a diagnosed eating disorder.

### **What are we asking?**

We have a good idea of what the service will look like from a clinical point of view. However, we would like to know if you think there are things we should be specifying to potential providers about how the service should be delivered. Please consider the following questions:

1. Do you think the location of the service is located is important? For example, should it be located in a place that's well-served by public transport? The interim service hosts sessions at North Road Primary Care Centre.
2. With access in mind, would a centrally located venue accessible by public transport be preferable?

3. Should we include a minimal mobility level for patients accessing the service? This service will not be available to house bound patients due to the requirement to attend group peer support sessions.
4. Looking at the eligibility criteria (above), have we included everything that we should? Have we missed any groups of patients? Are there any reasons patients should be exempt from the service?
5. How could support be provided, e.g. would you welcome group work? Would you use any type of computer based information if it were available?

**Why am I being asked?**

While we develop the proposal for this service, we're asking a range of people for their views. We want to make sure that we develop the right Tier 3 Weight Management Service for Southend.

**What's next?**

All views will be collated and submitted to the Commissioning Project Group and the deadline for comments and views is on the **10 March 2015**.

You can contact us by the following:

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