



Understanding the criteria

NHS Shropshire, Telford and Wrekin ICB

Inclusion Criteria



A patient must meet one of the following eligibility criteria:

- **BMI ≥ 40 kg/m² for at least 24 months** up to the time of referral without comorbidities
 - **and** has attempted to lose weight by other reasonable available methods.
- **BMI ≥ 30 kg/m² and** Type 2 diabetes diagnosed within 12 months
 - **and** has attempted to lose weight by other reasonable available methods.
- **BMI ≥ 35 kg/m² for at least 24 months**
 - **and** has attempted to lose weight by other reasonable available methods
 - **and** has one or more weight related co-morbidities (**complete list**):
 - Type 2 diabetes
 - Hypertension
 - Chronic Kidney Disease (CKD)
 - Hypercholesterolaemia
 - Ischaemic Heart Disease
 - Peripheral Vascular Disease
 - History of myocardial infarction (MI), cerebrovascular accident (CVA),
 - Transient ischaemic attack (TIA)
 - Liver disease including cirrhosis, Non alcoholic fatty liver disease (NAFLD), gallstones, biliary colic
 - Osteoarthritis or rheumatoid arthritis
 - Back pain
 - Obstructive sleep apnoea
 - Hypothyroidism (only refer when stable)
 - Cushing's disease (only refer when stable)
 - PCOS
 - Hyperuricemia or gout
 - Lipoedema
 - Cancer not under active treatment
 - Asthma

Exclusion Criteria



- Under the age of 18 years.
- Pregnant or breastfeeding.
- Uncontrolled hypertension / heart condition.
- Active or suspected, untreated eating disorders, including binge eating disorder, purging within the last 3 months.
- Active cancer.
- Bariatric surgery in the past two years.
- Unstable or severe mental illness, including suicide attempts in the past 12 months, patients who have self-harmed in the past 3 months, or suicidal ideation in the last 3 months. This may prevent engagement with the behaviour change programme.
- Unstable alcohol or drug use (can be referred if the patient has received support and been in recovery for 3 months).
- Unstable hypothyroidism (can be referred if stable).
- Unstable Cushing's syndrome (can be referred if stable).