



# Understanding the criteria

## NHS Staffordshire and Stoke on Trent ICB

### Inclusion Criteria - To access Tier 3 Weight Management service



A patient must meet one of the following eligibility criteria:

- **BMI  $\geq 50 \text{ kg/m}^2$ \***
- **BMI  $\geq 40 \text{ kg/m}^2$ \*** **and** has engaged with community weight services over a 2 year period, but they have failed to achieve or maintain weight loss goals.
- **BMI  $\geq 35 \text{ kg/m}^2$ \***
- **and** has engaged with community weight services over a 2 year period, but failed to achieve or maintain weight loss goals
- **and** has **one or more weight related co-morbidities** (complete list):
  - Established cardiovascular disease
  - Type 2 diabetes
  - Hypertension
  - Idiopathic intracranial hypertension
  - Obstructive sleep apnoea
  - Non-alcoholic steatohepatitis (NASH)

*\*There is a tolerance unit of BMI 2.5 on each element of the criteria above in relation to at-risk groups that have higher obesity prevalence rates particularly those with black African or Caribbean and South Asian origin.*

### Exclusion criteria



- Patients under 18 years old
- Patients who are currently successfully losing weight with dietetic or reputable evidence-based weight management intervention.
- Pregnant women - women becoming pregnant during the programme will be able to pause the programme ('time out policy') and return to the service following the birth.
- Patients who have been previously referred into the service and have left the pathway early or have disengaged from the services, who are seeking to re-enter as a re-referral will not be eligible within 12 months.
- Patients with uncontrolled hypertension/heart condition/medical condition preventing increase in activity level.
- Patients with unstable or severe mental illness beyond the expertise of primary care.
- Patients with active eating disorders.
- Patients who have made suicide attempts within the last year.
- Patients who have self-harmed in the past 3 months.
- Patients who have made plans to commit suicide in the past 3 months.
- Patients who have had bariatric surgery (defined as sleeve gastrectomy, does not include band or balloon).