



Understanding the criteria

NHS Sussex ICB

For Sussex, a two-tier policy is in place. Patients can access the 6-month diet and lifestyle pathway if they meet the inclusion criteria for entry; however, access to the medication pathway is assessed separately in line with the eligibility criteria defined by your local ICB, and we are required to follow these when determining a patient's eligibility.

Inclusion Criteria - To access Tier 3 Weight Management service



- The patient has been assessed as ready or motivated to change and are fully committed to participating in the programme.

And meet one of the following criteria:

- **BMI ≥ 40 kg/m²** who may not have tried weight loss services, but where the GP feels that the individual will benefit from Tier 3 input sooner
- **BMI ≥ 35 kg/m²** **and** have tried Tier 2 weight loss services for at least 12 weeks and assessed as requiring specialist services.
- **and** has one or more weight related co-morbidities (**complete list**):
 - Hypertension
 - CVD
 - Sleep apnoea
- **BMI ≥ 30 kg/m²***
- **with** Type 2 Diabetes **and** who may be considering bariatric surgery

**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.*

Two tier medication access - Wegovy eligibility



- **BMI of >35 kg/m² or,**
- **BMI 30.0 to 34.9 kg/m²** **and** meeting the NICE criteria for referral to specialist weight management services

And have one of the following criteria:

- Precancerous or cancerous conditions in which weight loss would improve outcomes or aid access to therapies
- Patients requiring urgent weight loss for organ transplant
- Idiopathic intracranial hypertension (IIH) requiring frequent lumbar punctures and/or with visual compromise
- Patients undergoing planned time-sensitive surgery (including bariatric surgery) for life-limiting conditions, where high BMI is the primary barrier to surgery and weight loss would be beneficial
- Weight loss required for assisted conception in women under the care of a fertility service, in cases where weight loss would be beneficial
- Severe obstructive sleep apnoea (OSA), obesity hypoventilation syndrome (OHS) and/or severe asthma
- Proven genetic cause of obesity and not eligible for Setmelanotide (Imcivree®)

Exclusion Criteria To access Tier 3 Weight Management service



- 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).