Understanding the criteria

Lancashire and South Cumbria

For Lancashire and South Cumbria, **a two-tier medication 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

A patient must meet one of the following eligibility criteria:

- **BMI ≥50kg/m^{2*}**

- **BMI ≥40 kg/m^{2*} and** has at least one one qualifying major obesity-related condition (complete list):
  - Type 2 diabetes mellitus
  - Obstructive sleep apnoea
  - Severe hypertension treated with two or more agents
  - Idiopathic intracranial hypertension
  - Non-alcoholic steatohepatitis (NASH)/NAFLD
  - Severe osteoarthritis of the spine, hips or knees where surgery is awaited
  - Weight-related infertility or PCOS where fertility treatment is awaited
  - Established atherosclerotic cardiovascular disease, including a history of MI, CVA, TIA, IHD or PVD
  - Heart failure where obesity is a significant contributing factor
  - A requirement for life-prolonging surgery or intervention that can only proceed at a lower BM

- **BMI ≥35 kg/m^{2*} and** has at least four of the following long term conditions (complete list):

**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.*

  - Atherosclerotic cardiovascular disease
  - Hypertension
  - Dyslipidaemia
  - Obstructive sleep apnoea
  - Type 2 diabetes mellitus

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Lancashire and South Cumbria

Two tier medication access - Wegovy eligibility



BMI ≥ 35 kg/m² (32.5 kg/m² or above for people from minority ethnic backgrounds) AND at least four of the following health conditions (complete list):

- Type 2 diabetes
- Hypertension
- Atherosclerotic cardiovascular disease
- Obstructive sleep apnoea
- Dyslipidaemia

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).