

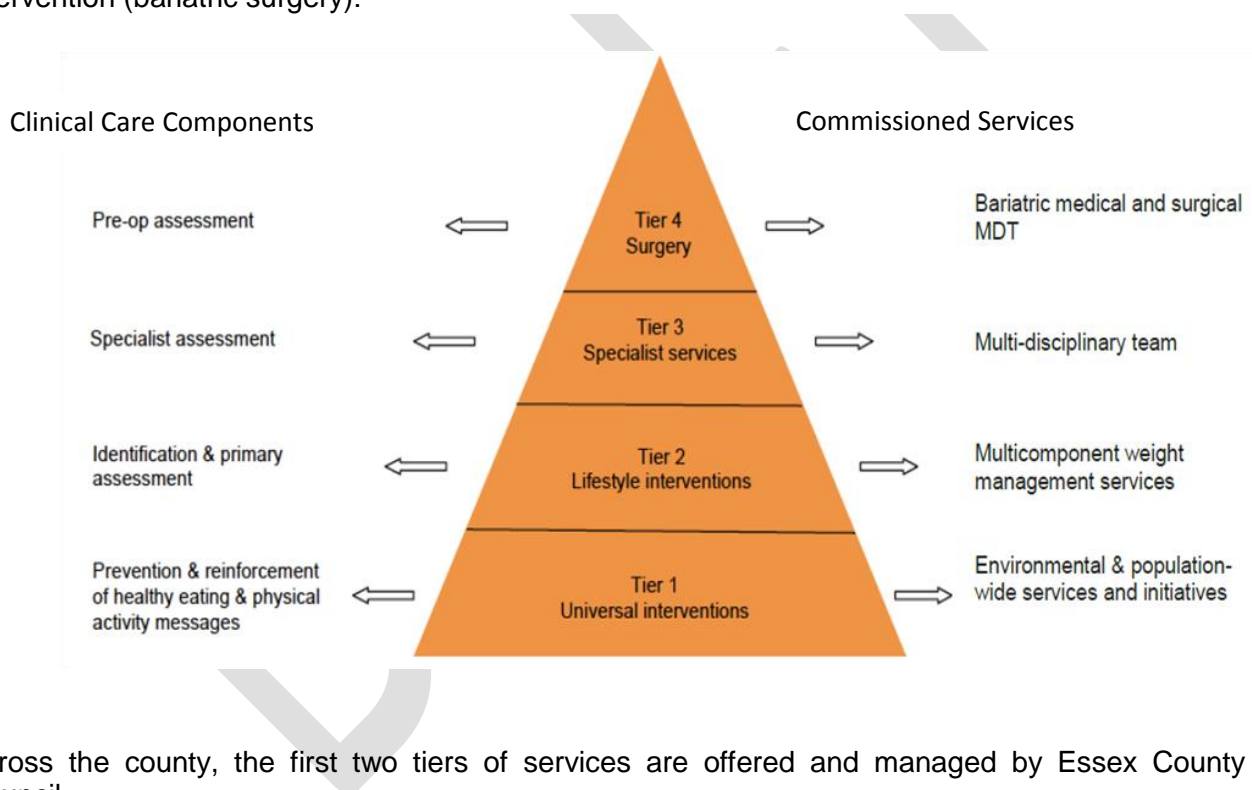
Weight Management Services – what’s your view?

Introduction

The seven CCGs across Essex are working together to commission a Tier 3 Weight Management service. We want your views on what we’re proposing before we buy it.

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 a fairly low-level intervention (reinforcing healthy eating messages etc.) through to Tier 4 which is for a major intervention (bariatric surgery):



Across the county, the first two tiers of services are offered and managed by Essex County Council.

Services in Tier 3 and 4 are provided by Clinical Commissioning Groups (CCGs) and NHS England respectively. At the moment, Tier 3 services across Essex are being provided in the short-term. We want to make sure there is a consistent approach to Tier 3 services across the county when the current, interim services come to an end.

What does a Tier 3 Weight Management Service involve?

A Tier 3 obesity service is for obese individuals who have not responded to previous interventions. It's made up of 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 aim of the service is also to lower the number of patients needing referral to Tier 4 bariatric surgery.

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

At the moment, we are proposing that Tier 3 obesity services are available for adults 18 years and over, childhood obesity is treated separately and is a speciality in itself.

Patients need to 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 the eligibility criteria will be for Tier 3 will apply.

All patients should have followed Tier 2 prior to accessing Tier 3 services. Any patients that meet the eligibility criteria for Tier 3 and have not previously completed a Tier 2 service should still be referred to Tier 2. Patients who are immobile or unable to travel will still be able to access services – these can be tailored appropriately.

To receive the Tier 3 service, patients will have to have a Body Mass Index (BMI) of more than or the same as 40 with or without related illnesses or a BMI of more than or the same as 35 with a related illness. Just so you know, BMI is a measure that adults can use to see if they are a healthy weight for their height.

By related illnesses we mean illnesses such as: Type 2 Diabetes, Stroke, Hypertension and Sleep Apnoea.

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 one year, 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'd like to know if you think there are things we should be specifying to potential providers about how the service should be delivered.

For example:

- Do you think where the service is located is important? For example, should it be located in a place that's well-served by public transport?

- Would it be better if the service was located in a number of small venues, such as village halls? Or in one bigger central venue such as a town hall?
- How could we specify that the provider deals with patients who are immobile?
- Looking at the eligibility criteria (above) have we included everything we should? Have we missed any groups? Are there any other reasons patients should be exempt from the service?
- How could support be provided, e.g. would you welcome group work or prefer 121? 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 procure right Tier 3 weight management services for Essex.

We're asking a range of people for their views and opinions including:

- GPs
- Patient Reference Groups (PRGs) across all seven CCG areas
- Healthwatch Essex/Healthwatch Southend/Healthwatch Thurrock
- Focus groups of current users of obesity services in Essex

Who we are

Mid Essex Clinical Commissioning Group (MECCG) is leading this project in partnership with the other six Essex CCGs including Southend, Castle Point & Rochford, Basildon & Brentwood, Thurrock, West Essex and North East Essex. CCGs are responsible for buying health services on your behalf and making sure these services are of good quality, are safe and there for you when you need them. Every year CCGs plan and buy services working closely with clinicians, local people, voluntary organisations and public service partners.

What's next?

Please let us have your views by 27th February 2015.

By **email**: meccg-ppe@nhs.net

By **telephone**: 01376 531145

Or **write** to us at:

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You can ask for this leaflet in large print, Braille, audio format or in other languages by contacting MECCG on the details above.

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