



# Healthy Weight Pathway Resource

**A resource for GPs, Health Practitioners  
and Allied Health Professionals**

**Version 1 - November 2022**



# Healthy weight pathway in County Durham

This is a resource to support GPs and healthcare professionals to refer and signpost patients to a weight management service, intervention or programme to suit their needs.

**Please note:** Most programmes as shown below are free for residents of County Durham or those registered with a County Durham GP surgery.

**Tier 1** should be the first consideration and is described on Pages 4-7. Tier 2 and 3 services and eligibility are shown in the table below, with further detail on pages 8-11.

						Tier 3
Eligibility	Wellbeing For Life	Young Lifestyle	Move	NHS Digital WMP	National Diabetes Prevention Programme (NDPP)	Weight and wellbeing programme
Age	16+	11-15	All ages	18+	18+	18+
Pregnant	No	No	Yes	No	No	No
BMI criteria applies	Any BMI	Any BMI	Any BMI	BMI Restrictions	Any BMI	BMI Restrictions
Other criteria apply				Other Criteria Apply	Other Criteria Apply	Other Criteria Apply
Duration	Open ended	Open ended	Open ended	12 weeks	Nine months	Open ended
Delivery	Face to face or online	Face to face	Face to face	Online	Online	Face to face
Referral route	<a href="mailto:cdda-tr.WBFL@nhs.net">cdda-tr.WBFL@nhs.net</a> 0800 876687 <a href="mailto:cdda-tr.WBFL@nhs.net">cdda-tr.WBFL@nhs.net</a>	<a href="https://www.durham.gov.uk/younglifestyles">https://www.durham.gov.uk/younglifestyles</a>	<a href="https://doitonline.durham.gov.uk/service/Move_Start_your_journey">https://doitonline.durham.gov.uk/service/Move_Start_your_journey</a>	<a href="https://www.eng-land.nhs.uk/dig">https://www.eng-land.nhs.uk/dig</a>	via the 3-RS system	<a href="mailto:cddft.weightandwellbeing@nhs.net">cddft.weightandwellbeing@nhs.net</a>

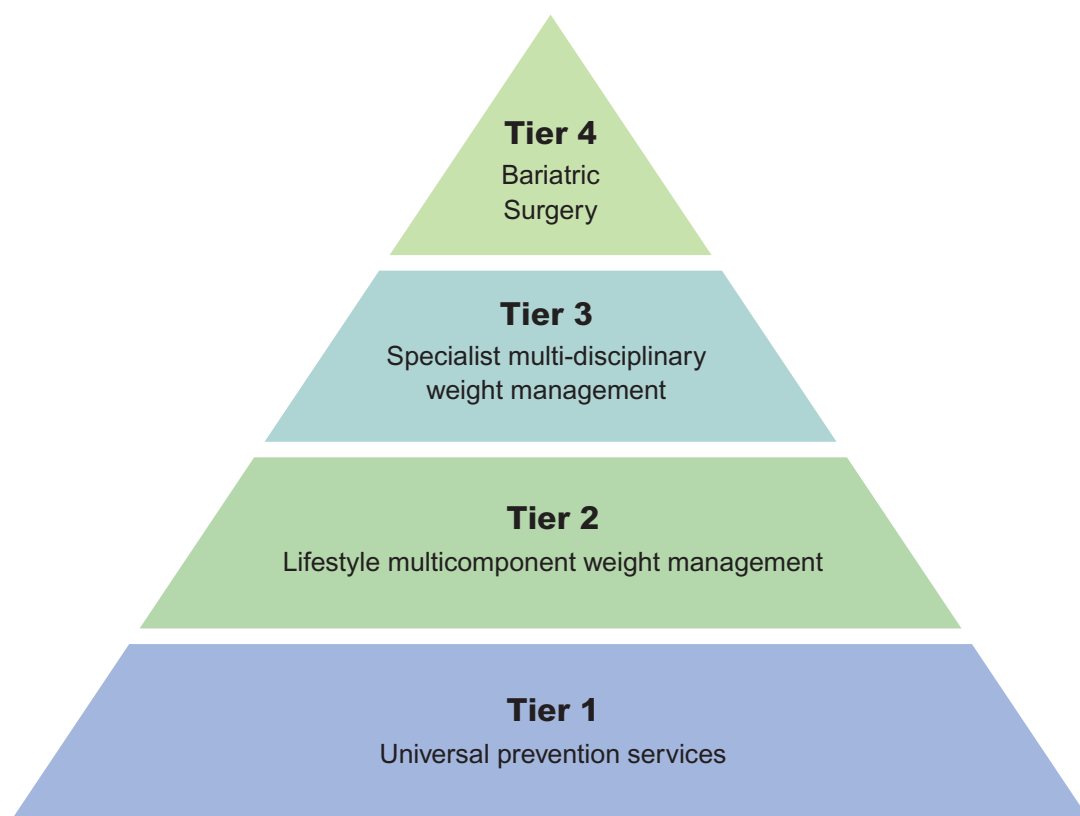
This resource provides information on weight management support services which are available to residents across County Durham, ranging from tier 1 interventions (universal) to tier 4 (bariatric surgery). It is a quick reference guide for use by GPs and healthcare professionals when discussing support options with patients. Please ensure patients meet the eligibility criteria prior to signposting into a service.

This information has been collated by Durham County Council in collaboration with partners from NHS County Durham and Darlington NHS Foundation Trust, Harrogate and District NHS Foundation Trust, County Durham Primary Care Network and North of England Commissioning Support. Information is correct at the time of publication but is subject to change without notice (services may be adapted or withdrawn due to on-going COVID-19 considerations).

## How can we help?

As part of a wider plan to tackle the building blocks of health, County Durham and partners are working to create the conditions which make it easier for our residents to make healthy lifestyle choices. This is referred to as a 'whole systems approach' to achieving and sustaining healthy weight. We will achieve this by working together, as every person and place is part of the solution to increasing healthy weight.

The triangle diagram demonstrates the Obesity Care pathway and the tier system to support referrals. Page 8 to 11 provides further criteria detail. The Public Health team should be your first point of contact.



### Healthy weight check measures

Patients and service users can check to see if they are a healthy weight by using the NHS: BMI healthy weight calculator. Another important health indicator is waist measurement. This is a good way to check that a patient or service user is not carrying too much fat around the stomach and vital organs, which increases the risk of developing heart disease, type 2 diabetes and stroke.

### What is a healthy waist size?

This all depends on a patient or service users' gender and ethnicity. A healthy measurement is to aim to be less than: 80cm (31.5in) for all women; 94cm (37in) for men (due to heightened risk of type 2 diabetes it is 90cm (35in) for Black or South Asian males.



Patients should be assessed on a case-by-case basis and directed to the most appropriate intervention. Consider eligibility criteria, readiness to change, and motivation levels.

## Tier 1 support

There are a range of self-help options available that patients can access.



NHS Better Health Start for life

### Healthier weight during and after pregnancy

Gaining too much weight during pregnancy can increase the risk of gestational diabetes and pre-eclampsia. There are helpful online resources and a downloadable app on 'This Mum Moves'.

<https://www.durham.gov.uk/article/17548/Baby-Buddy>

You can signpost new parents to the website to access helpful videos including tips for moving more at home at:

[This Mum Moves | The APF \(activepregnancyfoundation.org\)](https://www.thismummoves.org/)

Closed walking groups are available in some areas of County Durham led by infant leads. Contact

[hdf.durhaminfantfeedingteam@nhs.net](mailto:hdf.durhaminfantfeedingteam@nhs.net)



### Better Health - Healthier Families

Better Health - Healthier Families aims to help families eat well and move more. The Healthier Families link provided below includes a wide range of information to help families make small practical changes that fit with daily life. Tools, tips and apps can be found which enable families to track and monitor progress.

[Healthier Families - Home - NHS \(www.nhs.uk\)](https://www.nhs.uk/healthier-families)

[Cook Together \(betterhealth-healthierfamilies.co.uk\)](https://www.betterhealth-healthierfamilies.co.uk)

<https://www.youtube.com/watch?v=bKRacmtKka8>



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## County Durham Fun and Food programme


The 'Fun and Food' programme in County Durham provides enriching activities and healthy food to children and young people during all school holidays. Working together with a range of partners and offering a variety of activities which take place in communities, leisure centres, schools and 0-19 family centres across County Durham. Each project meets Department of Education standards around physical activity, nutritional education and school food standards.

Signpost to the postcode lookup to search for Fun and Food activities.

<https://www.durham.gov.uk/article/25992/Use-the-postcode-lookup-to-search-for-Fun-and-Food-activities-in-your-local-area>

For more information, please signpost to:

[www.durham.gov.uk/FunAndFood](http://www.durham.gov.uk/FunAndFood)

 [www.facebook.com/groups/funandfoodcountydurham](https://www.facebook.com/groups/funandfoodcountydurham)

## County Durham Growing Healthy Service



The County Durham's 0-25 Growing Healthy Service offer includes information and advice on eating well for new mothers, specialist support for those who are breastfeeding, and information and practical advice on introducing solid foods to babies, that will give them a good start to their eating journey.

For advice, support and guidance call 03000 263 538

[Growing Healthy County Durham - Harrogate and District NHS Foundation Trust \(hdf.t.nhs.uk\)](http://www.growinghealthycountydurham.nhs.uk)



## Active 30 Durham: Helping families in County Durham make every day an active day

Active 30 Durham has developed an online hub packed with physical activity resources to help support families to keep active.

[www.countydurhamsport.com/active-30/](http://www.countydurhamsport.com/active-30/)

## Free swimming

Children and young people aged 18 years and under can attend any general swim, inflatable and fun sessions free of charge during school holidays as well as some free swim sessions at the weekend throughout the year. Sessions are available at Consett pool, Chester-le-Street pool, Freeman's Quay Durham pool, The Louisa Centre pool Stanley, Newton Aycliffe pool, Peterlee pool, Spennymoor pool, Teesdale pool, Wolsingham pool and Woodhouse Close pool. Please see local pool timetables for dates and times.

[www.durham.gov.uk/swimmingpools](http://www.durham.gov.uk/swimmingpools)

## Young Lifestyles

Young Lifestyles is a membership for 11 – 15 year olds. It gives access to Durham County Council gyms and swimming pools. Members aged 14 and 15 years can also access some exercise classes with an adult chaperone. Membership also includes unlimited swimming (during public swimming times) at named leisure centres.

Please signpost to:

<https://www.durham.gov.uk/younglifestyles>



## **HENRY Health Exercise and Nutrition in the Really Young County Durham**

HENRY is a targeted early intervention and brings together the five key elements that enable babies and young children to flourish. HENRY can be accessed through group sessions.

Henry Healthy Families Parents programmes aim to:

- increase parents' knowledge and skills in healthy eating and understanding of the benefits of physical activity
- improve parenting efficacy (their belief in their capabilities as a parent), healthy family eating behaviours, and increased consumption of fruit and vegetables
- promote emotional wellbeing to support families to develop healthy lifestyle habits, including in relation to food, movement and daily routines
- Across County Durham there are 3 parent programmes available depending on whether you're pregnant or have children aged 0-5 years or 6-11 years.

### **1. Henry Healthy families; in the making, antenatal programme**

The programme offers practical and evidence-based information to support patients in preparation for parenthood. It helps expectant parents develop a healthy lifestyle for themselves and their baby, and helps prepare for birth, caring for a new baby and early feeding. It's also a great opportunity to meet other expectant parents and build friendships. This programme is accessed either face to face or online over 6 weeks

### **2. Henry Healthy families; Right from the Start programme (0-5 years)**

### **3. Henry Healthy families; Growing Up Programme (6-11 years)**

For the group programme, parents attend weekly sessions over an eight-week period at a community venue or attend 8 online sessions.

Parent online 90-minute workshops are available on the following topics:

- Henry starting solids
- Henry eating well for less
- Henry healthy teeth workshop
- Henry fussy eating workshop

Any queries on HENRY and referrals to the service please email

[hdfh.henrypractitioners@nhs.net](mailto:hdfh.henrypractitioners@nhs.net)

[Homepage | HENRY](#)

## NHS Better Health

For patients looking to lose weight, get active or quit smoking, NHS Better Health has lots of free tools and support including a free 12-week NHS weight loss plan which patients can download at

[www.nhs.uk/better-health/](http://www.nhs.uk/better-health/)

The free plan can help patients to create healthier eating habits and become more active.

Broken down into 12 weeks they can:

- Set weight loss goals
- Use the BMI calculator to customise their plan
- Plan meals
- Make healthier food choices
- Get more active and burn more calories
- Record activity and progress

Patients can also access the app

[www.nhs.uk/better-health/lose-weight/](http://www.nhs.uk/better-health/lose-weight/)

## Join the movement: Helping patients get moving and keep motivated

There is lots of information on ways for patients to be active from the comfort of their own home and different examples of activities that would take them outdoors. Signpost to the link to also find fitness challenges at various levels to keep patients motivated on their healthy weight journey.

[www.sportengland.org/jointhemovement](http://www.sportengland.org/jointhemovement)

## Ways to wellbeing

The Ways to Wellbeing programme offers a range of accessible movement classes in community venues

across County Durham, including seated yoga, gentle exercise, exercise to music, gardening groups, and arts and crafts

### Community classes - Durham County Council

Ways to wellbeing includes walk, run and cycle programmes.

## Moving for a healthy life

Activities listed here are either free, or low cost to access. There are options for a wide range of interests and fitness levels, from football and tennis to walking groups and bowls. Sport England also has tips on simple and fun ways to get active, both indoors and outdoors.

For more details of activities available signpost to '[Find your Move](#)'

## WE ARE UNDEFEATABLE

### We Are Undefeatable

We Are Undefeatable County Durham is a campaign supporting people with a range of long-term health conditions. Resources are available to support people on their journey to moving more.

There are resources available to spread the campaign message and support people on their movement journey. The aim is to encourage people to find ways to be active that work with each persons' conditions. The training programme develops the skills and confidence to have meaningful conversations about the importance of moving and the benefits it can bring.

<https://www.durham.gov.uk/weareundefeatable>

<https://weareundefeatable.co.uk>



## Walk Durham

Walk Durham is a programme of short weekly walks taking place across County Durham. The walks are a great opportunity for patients who are recovering from illness or just want to be more active and enjoy walking outdoors in the company of others.

Types of walk available include the following:

- Gentle Steps to Walking
- Get Walk Ready
- Wellbeing Walks

To book or for more information, visit [www.durham.gov.uk/walkdurham](http://www.durham.gov.uk/walkdurham)

## Run Durham

Run Durham provides free running activities across County Durham, helping patients to get fitter, healthier, and happier. The programme provides supportive and inclusive 'entry level' running sessions alongside opportunities to maintain and progress physical activity levels.

Types of sessions and information offered:

- Get Run Ready
- Regular Couch to 5K running courses
- Information on local running groups across County Durham
- Volunteering opportunities in your local community

For more information visit [www.durham.gov.uk/rundurham](http://www.durham.gov.uk/rundurham)

To make a booking please visit <https://runtogether.co.uk/> and search Run Durham

## Cycle Durham

Cycle Durham provides free cycling activities across County Durham, helping people to get fitter, healthier, and happier. The scheme provides 'entry level' cycling sessions alongside opportunities to maintain and progress physical activity levels.

- Adult Learn to Ride
- Back on your Bike – ½ day course for adults who want to refresh their cycling skills
- Sofa to Cycle – 4-week course for adults who can ride a bike but would like to develop their skills
- Free use of bikes and helmets
- Volunteering opportunities in your local community
- To book or for more information visit [www.durham.gov.uk/cycledurham](http://www.durham.gov.uk/cycledurham)



## Borrow a bike scheme

To find out where this scheme is available visit <https://www.durham.gov.uk/borrowabike>



## Tier 2 support

### Wellbeing For Life County Durham

'Wellbeing For Life' helps patients increase knowledge and skills to improve health outcomes including healthy eating, mental wellbeing and resilience. The service offers face to face or video and telephone appointments. Patients can self-refer or find more information by contacting the hub on the FREEPHONE number 0800 8766887 or email: [cdda-tr.WBFL@nhs.net](mailto:cdda-tr.WBFL@nhs.net)

Alternatively complete the enquiry form using the link and one of the team will be in touch: [www.wellbeingforlife.net/get-in-touch/](http://www.wellbeingforlife.net/get-in-touch/)



### Move

Move provides a dedicated local one to one support service, which allows patients to receive tailored advice on how to move more.

To access this, your patient can fill in the online form <https://doitonline.durham.gov.uk/service/Move> **Start your journey**

For more details of activities available signpost to 'Find your Move' [www.durham.gov.uk/article/26127/Find-your-Move-](http://www.durham.gov.uk/article/26127/Find-your-Move-)

[Move - Durham County Council](#)



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## NHS Digital Weight Management Programme (DWMP)



The NHS Digital Weight Management Programme offers online access to weight management services for those living with obesity.

Services are for patients who have a BMI  $\geq 30$  and/or diagnosed diabetes or hypertension. BMI threshold is  $\geq 27.5$  for those with Black, Asian and ethnic minority backgrounds.

With three levels of support and a choice of providers, it is designed to offer a personalised level of intervention to support people to manage their weight and improve their longer-term health outcomes.

Patients will only be able to access this programme if they have a smartphone or computer with internet access. The library service provides free public access to the internet in 39 libraries across County Durham'

The referral to the programme should be made via the e-RS system using the relevant template. For further information visit: <https://www.england.nhs.uk/digital-weight-management/>

The logo for the National Diabetes Prevention Program. It features the text 'NATIONAL DIABETES PREVENTION PROGRAM' in green and blue, with a stylized graphic of a person's silhouette in the background.

## National Diabetes Prevention Programme (NDPP)

The NDPP is a national scheme set up by NHS England. It is a nine-month behaviour change programme aimed at supporting people who have been identified as at risk of developing type 2 diabetes (patients with non-diabetic hyperglycaemia).

The tailored healthy nutrition and exercise support programme aims to delay or prevent the onset of type 2 diabetes. Referrals should be made via the e-RS system using the relevant template.

### Referral Criteria:

- HbA1c must be between 42-47 mmol/mol or Fasting Plasma Glucose between 5.5-6.9 mmols/l and dated within the last 12 months
- If the patient has a history of Gestational Diabetes Mellitus (GDM) then HbA1c can be below 42 or FPG below 5.5
- Aged 18 or over
- Not currently pregnant
- Does not have confirmed diagnosis of type 2 diabetes

## Tier 3 support

### Weight and Wellbeing programme

This free local Specialist Community

Weight Management programme offers face to face advice and support to adults wanting to lose weight in a healthy way. We can help your patients to improve their health and wellbeing as well as supporting them to maintain the weight they lose.

When your patient is motivated to change, this service is here to help them take manageable steps to improve their lifestyle behaviours. The programme is delivered using a combination of one to one and group interventions for a minimum of 6 months up to a maximum of 24 months for:

- Patients with a BMI of 30kg/m<sup>2</sup>– 34.9kg/m<sup>2</sup> who have recent-onset type 2 diabetes (<10 years) who wish to consider bariatric surgery
- Patients with a BMI of 35kg/m<sup>2</sup> to 40kg/m<sup>2</sup> in the presence of significant co-morbid condition(s) that may improve with significant weight loss
- Patients with a BMI of 40kg/m<sup>2</sup> and over
- 18 years +
- Do not have a bariatric procedure in place
- Not pregnant
- Patient has tried all appropriate tier 1 and 2 interventions but has not achieved adequate clinically beneficial weight loss



The service is delivered by a multidisciplinary team at various community locations across County Durham and Darlington.

People may have complex eating stories and complex needs, so it is helpful to have all relevant information included in referrals. Consider whether the person you are referring has sufficient stability in their mental health to enable them to engage with a self-management approach.

If your patient is motivated and meets the eligibility criteria please make referrals for the Weight and Wellbeing Programme.

Referrals can be made directly through Choose and Book by a GP or suitably trained and competent GP practice or PCN health professional.

For more information you can contact Bal Hubery, Patient Pathway Coordinator on Tel: 01325 743948 or 07971895032 or email the service at

[cddft.weightandwellbeing@nhs.net](mailto:cddft.weightandwellbeing@nhs.net)

## Tier 4 support

Weight loss surgery is a treatment option for people who are living with overweight. Check if your patient meets the referral criteria:

- 18 years +
- BMI of 40 kg/m<sup>2</sup> or more
- BMI between 35 kg/m<sup>2</sup> and 40 kg/m<sup>2</sup> and have significant disease (for example type 2 diabetes or high blood pressure) that could be improved with weight loss
- Patient has tried all appropriate non-surgical measures but has not achieved or maintained adequate, clinically beneficial weight loss
- Received and completed intensive weight management support in the Tier 3 Weight and Wellbeing service, is generally fit for anaesthesia and surgery and can commit to long term follow up

Once patients have attended the out-patient appointments with the surgeon or nurse, dietitian and possibly the psychologist, their case will be discussed at a Multi-disciplinary Team Meeting (MDT). If the team agrees the patient is suitable for surgery (because they have made the required changes – making appropriate lifestyle changes leading to weight loss, understand the effects of bariatric surgery to their lifestyle and are fit for a general anaesthetic), then they will go on the waiting list for bariatric surgery.

For more information you can contact Bal Hubery, Patient Pathway Coordinator on Tel: 01325 743948 or 07971895032 or email the service at

[cddft.weightandwellbeing@nhs.net](mailto:cddft.weightandwellbeing@nhs.net)

The service is delivered by a multidisciplinary team at either The University Hospital of North Durham or Darlington Memorial Hospital and offers support from the following:

- Consultant Bariatric Surgeon
- Specialist Bariatric Nurse
- Specialist Bariatric Dietician
- Psychologist



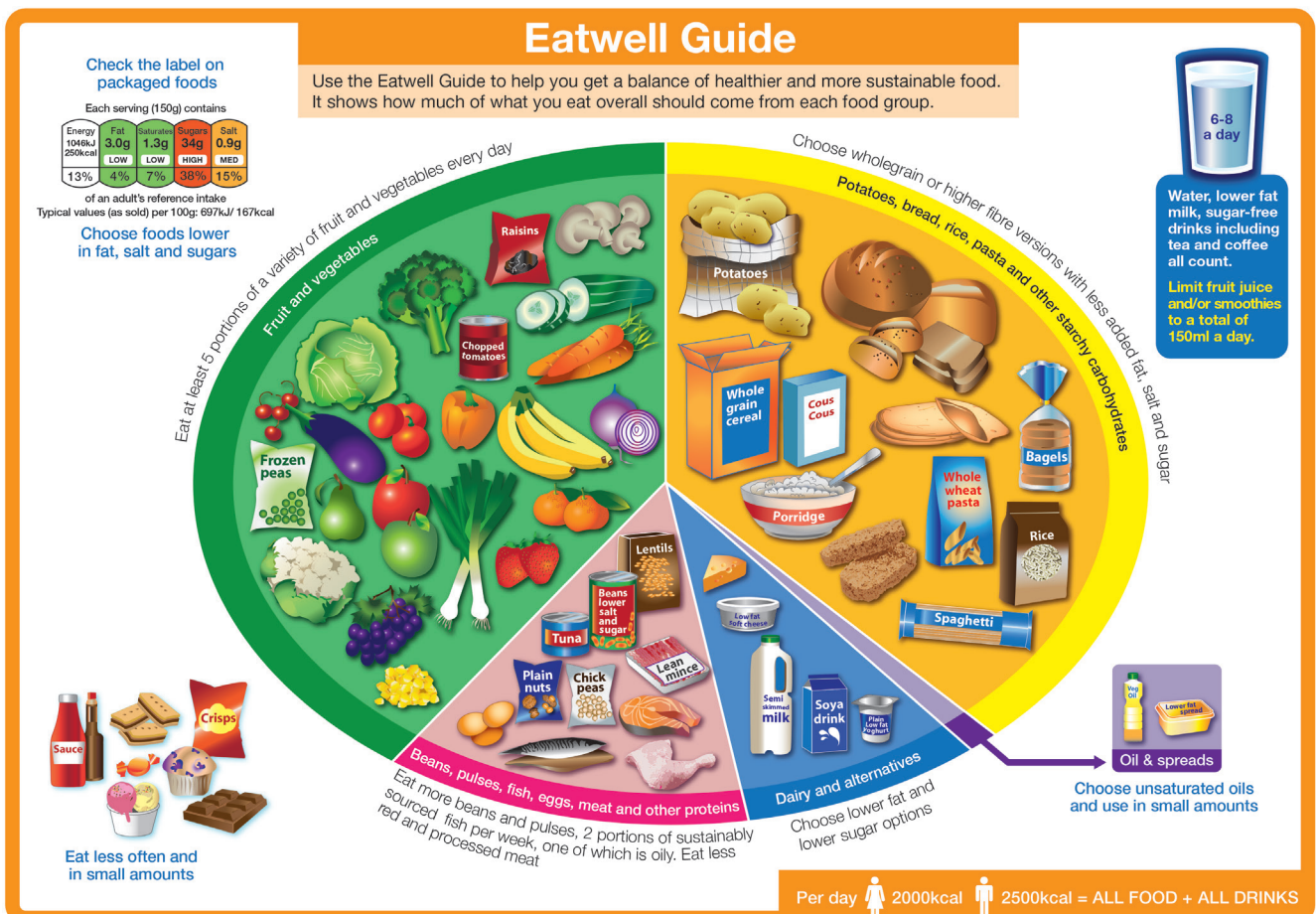


## The Eatwell Guide

It can be useful to signpost patients to the [NHS Eatwell](#) guide resource. It can help make healthy eating easier to understand by showing how much of what we eat overall should come from each food group. It is not important to achieve this balance in every meal, but to try to get the balance right over a day or the week. Guiding patients to ways to increase fibre and making healthy swaps to reduce sugar can all support public health. Tips to following an eating pattern that helps patients live a healthy, longer life can be found at [Eat well - NHS \(www.nhs.uk\)](#).

The Eatwell Guide can help patients in making healthier choices, meal planning, shopping and eating out of home and shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives (such as soya products e.g., tofu, yoghurt, drinks); choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day
- If consuming foods and drinks high in fat, salt or sugar have these less often and in small amounts



## Additional support for health and wellbeing

### Stop Smoking

A 12-week individual quit programme to include weekly tailored advice and support from a Specialist Practitioner to help plan and manage your quit attempt. Partnered with the NHS, local pharmacies, and a range of other organisations.

Contact: [smokefreelife.countydurham@nhs.net](mailto:smokefreelife.countydurham@nhs.net)  
0800 772 0565 or 0191 369 2016 or text DURHAM to 62277



### County Durham Drug and Alcohol Recovery Service

If you are concerned about your own levels of drinking or that of someone you know or care for, please refer directly to County Durham Drug and Alcohol Recovery Service by phoning 03000 266 666 or visiting:

[County Durham Drug and Alcohol Recovery \(codurhamdrugalcoholrecovery.co.uk\)](http://codurhamdrugalcoholrecovery.co.uk)  
[County Durham Drug and Alcohol Recovery \(codurhamdrugalcoholrecovery.co.uk\)](http://codurhamdrugalcoholrecovery.co.uk)



Signpost patients for tips to reduce alcohol consumption to the Drink Coach app **DrinkCoach**

### Mental health support for adults

Around 1 in 4 people will experience a mental health problem this year and a quarter of people will experience a mental health problem at some point in their life.

See our Mental health and emotional support for adults in County Durham leaflet for a great starting point to help you access support:

[www.durham.gov.uk/media/34804/Mental-health-and-emotional-support-for-adults-in-County-Durham/pdf/FamiliesMentalHealthSupportBooklet.pdf?m=637490851871000000](http://www.durham.gov.uk/media/34804/Mental-health-and-emotional-support-for-adults-in-County-Durham/pdf/FamiliesMentalHealthSupportBooklet.pdf?m=637490851871000000)

### Durham Mental Wellbeing Alliance

Mental health support for children, young people and families.

There is local and national support available to help support children, young people and families with mental health issues. The following link is a great starting point to signpost as help to access support:

[www.durham.gov.uk/media/34873/Mental-health-and-emotional-support-for-children-young-people-and-families-in-County-Durham/pdf/MHRainbowGuideSept2021.pdf?m=637672173898000000](http://www.durham.gov.uk/media/34873/Mental-health-and-emotional-support-for-children-young-people-and-families-in-County-Durham/pdf/MHRainbowGuideSept2021.pdf?m=637672173898000000)



## **Durham Locate**

Find a list of local support groups and organisations at:

[www.durhamlocate.org.uk](http://www.durhamlocate.org.uk)

Please signpost patients who are unable to find help in other ways or email [communityhub@durham.gov.uk](mailto:communityhub@durham.gov.uk)



## **One Point Hub / Family Centres**

One Point Hubs can support children, young people and families, from early pregnancy up until the young person reaches the age of 19 years (or 25 years if the young person has a disability). They're able to offer advice and practical help across all aspects of family life - in pregnancy and as a new parent, getting a job and building your skills, relationships and staying healthy and safe.



For advice, support and guidance call 03000 261 111  
Durham County Council - Family Information Service

[www.countydurhamfamilies.info](http://www.countydurhamfamilies.info)

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