

**Assessment:** if the patient is 18+ years with a BMI >25, raise the issue of weight sensitively and refer to the appropriate service.

## Tier 1

Self-Care / Light Touch

### One You South Gloucestershire

*BMI ≥25 with no comorbidities*

The local One You team will help patients navigate through universal healthy weight support services, such as the NHS Better Health campaign and other online resources.

As well as offering 1:1 buddy support to help patients build a healthier future and set achievable goals.

## Tier 2

Targeted

### MAN V FAT Challenge

*BMI ≥25*

A 14-week home-based programme that supports men to lose weight, based on the core principles of Nutrition, Exercise and Building Healthy Habits. Members work as a team to score points for completing challenges with support from the MAN v FAT Community and an experienced Coach.

### Gloji

*BMI ≥30 or (28 with co-morbidities or 27.5 if Black-African, African-Caribbean, and Asian family origin)*

A digital programme which offers a holistic approach to health and wellbeing with no dieting restrictions or point systems with access to a virtual gym and the option of 1:1 mentor support.

### NHS Digital Weight Management Programme (DWMP)

*BMI ≥30 with a diagnosis of diabetes and/or hypertension*

A 12-week digital intervention with access to three levels of support; digital content only or digital content with 50 or 100 minutes of human coaching.

### NHS Diabetes Prevention Programme

*Individuals at risk of developing Type 2 diabetes.*

A tailored programme to support patients to reduce their risk of developing type 2 diabetes. As well as guidance on making healthy food choices and increasing physical activity levels.

### NHS Low Calorie Diet Programme

*BMI ≥27 (25 if Black, Asian and other ethnic groups) with a diagnosis of type 2 diabetes within the last 6 years*

Eligible patients are offered a low calorie, total diet replacement products for 12 weeks, alongside monitoring and support for 12 months.

NBT Weight Management Specialist

### Weight Assessment and Management Service (WAMS)

*BMI ≥40 or (35 or over if co-morbidities)*


A specialist service for patients with severe or complex obesity, which is based at Southmead Hospital, Bristol. The WAMS usually offers support over a 6–12-month period.

Patients with a BMI ≥50 may be referred directly for surgery (without evidence of compliance with Tier 2).

Tier 1  
Self-Care / Light  
Touch



**One You South Gloucestershire**



Referral via General Practice, or self-referral

**Referral criteria**

- Over the age of 18

Referrals can be made via the One You webpage or via EMIS for practitioners.

Phone: 01454 865337  
Email: [oneyou@southglos.gov.uk](mailto:oneyou@southglos.gov.uk)  
Web: [www.oneyou.southglos.gov.uk](http://www.oneyou.southglos.gov.uk)

NBT Weight  
Management  
Specialist



**Weight Assessment and Management Service**

Referral via General Practice.

**Referral criteria**

- Over the age of 18
- Registered with a BNSSG GP
- Has a BMI of 40 or over (or 35 or over if co-morbidities)
- Patient has previously attended weight loss interventions over a 2-year period but failed to achieve/maintain weight loss **unless** BMI is 50 or greater

Referrals can be made via the standard Tier 3 proforma which can then be submitted via e-referral.

Email: [bnssg.ifr@nhs.net](mailto:bnssg.ifr@nhs.net)  
Web: [remedy pathway \(bnssgccg.nhs.uk\)](http://remedy.pathway(bnssgccg.nhs.uk))

## Tier 2 Targeted



### Gloji



Self-referral via the Gloji website or by General Practice using EMIS.

#### Referral criteria

- Over the age of 18
- Has a BMI  $\geq 30$  (BMI  $\geq 28$  with co-morbidities or BMI  $\geq 27.5$  if Black-African, African-Caribbean, and Asian family origin)
- Patient is not pregnant.
- Is Clinically stable
- Does not have a history of or an ongoing eating disorder.
- Confident using digital devices and self-motivated

Phone: 0800 054 1190

Email: support@gloji.co.uk

Web: [www.gloji.co.uk](http://www.gloji.co.uk) (patients need to select South Gloucestershire under the sign-up page)

### MAN V FAT Challenge



Self-referral via the MAN V FAT website or by General Practice using EMIS.

#### Referral criteria

- Over the age of 18
- Male
- Has a BMI  $\geq 25$
- Is Clinically stable
- Does not have a history of or an ongoing eating disorder.

Phone: 0345 163 0042

Email: challenge@manvfat.com

Web: <https://manvfat.com/south-gloucestershire/> (patients need to enter the promotional code SOUTHGLOS for a free place)

### NHS Low Calorie Diet Programme



Patients who live in an area where this service is being delivered will need to discuss their individual circumstances with their GP or diabetes team.

#### Referral criteria

- Be aged 18 – 65 years
- Have a diagnosis of type 2 diabetes within the last 6 years
- Has a BMI  $\geq 27$  or 25 if from a Black, Asian, and other ethnic group

Web: [NHS England » Low calorie diets to treat obesity and Type 2 diabetes](#)

### NHS Digital Weight Management Programme

Referral via General Practice using EMIS



#### Referral criteria

- Over the age of 18
- Has a BMI of 30+ (adjusted to  $\geq 27.5$  for people from Black, Asian and ethnic minority backgrounds)
- Has a diagnosis of diabetes (Type 1 or Type 2) or hypertension or both.

Referrals can be made via a e-referral template on EMIS.

Email: [england.wmp-prevention@nhs.net](mailto:england.wmp-prevention@nhs.net)

Web: [www.england.nhs.uk/digital-weight-management](http://www.england.nhs.uk/digital-weight-management)

### NHS Diabetes Prevention Programme



Referral via General Practice using EMIS.

#### Referral criteria

- HbA1c of 42 – 47.9 mmol/mol (6.0 – 6.4%) or an FPG of 5.5 – 6.9 mmol/l within the past 24 months
- Aged 18 years +
- Not pregnant
- No previous Type 2 diabetes diagnoses

*\*Eligible range blood glucose results for women with a past history of Gestational Diabetes are Hba1c <47.9mmol/mol or FPG <6.9 mmol/l*

Phone: 07803 438354 (for referrers)  
03459 990003 (for patients)

Email: [Adam.Martin@southglos.gov.uk](mailto:Adam.Martin@southglos.gov.uk) (for referrers)

Web: [Pre-Diabetic Weight Loss Diet Plans | WW UK \(weightwatchers.com\)](#)