

**Programme Title: Clinical Policies**

Clinical Policies aim to prevent avoidable harm to patients by only offering treatments on the NHS that are evidence-based, clinically safe and effective, as well as cost effective and a good use of resources.

**Cambridgeshire, Peterborough, Bedfordshire, Luton, Milton Keynes and Hertfordshire**

<b>Title of policy and version:</b>	<b>Obesity - Referral to Specialist Weight Management Services</b> Version: v1.0
<b>Commissioning position:</b>	<b>Criteria Based Access</b>
<b>Scope:</b>	<p><b>Covers</b></p> <ul style="list-style-type: none"> <li>Referral to consultant-led specialist (or tier 3) weight management services</li> </ul> <p><b>Out of scope:</b></p> <ul style="list-style-type: none"> <li>Referral to community integrated specialist weight management services commissioned by local authorities (Currently TBC Healthcare in Herts, and Healthy You in Cambridge and Peterborough).</li> </ul>
<b>Cohort:</b>	Patients with obesity requiring specialist weight management services
<b>Other relevant Clinical Policy</b>	Referral for Bariatric Surgery Referral for Revision Bariatric Surgery

<b>Treatments routinely funded:</b>	<p><b>The ICB will fund consultant-led specialist weight management services (tier 3) when:</b></p> <ul style="list-style-type: none"> <li>Community integrated specialist weight management services are NOT commissioned locally;</li> </ul> <p><b>AND</b></p> <p>The following <b>clinical criteria</b> are met:</p> <ul style="list-style-type: none"> <li>BMI 35-40 with significant comorbidities <b>AND</b> 6 months of tier 2 in last year (2x 12 week programmes or one longer programme)</li> </ul> <p><b>OR</b></p> <ul style="list-style-type: none"> <li>BMI 40+ <b>AND</b> 6 months of tier 2 in last year (2x 12</li> </ul>
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	<p>week programmes or one longer programme)</p> <p><b>OR</b></p> <ul style="list-style-type: none"> <li>• BMI 50+</li> </ul>
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<b>Treatments not funded:</b>	<p>Consultant-led specialist weight management services (tier 3) are not routinely funded where community integrated specialist weight management services are locally commissioned.</p>
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<p><b>Rationale:</b></p> <p>Local Authority commissioned community integrated specialist weight management services will be clinically appropriate for most patients requiring specialist weight management services. The commissioned community services are best placed to identify the small number of patients with a clinical need for a different service, such as consultant-led care. These services will then refer onwards, or apply for an IFR for onwards referral, as appropriate.</p> <p>The eligibility criteria for consultant-led care where no community specialist weight services are commissioned aim to manage high demand and long waiting times by prioritising patients with the highest clinical need. An upper limit of BMI 60 reflects the limited clinical effectiveness of non-pharmacological tier 3 for this cohort.</p>
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<p><b>IFR Statement Clinical Exceptionality:</b></p> <p>Where a patient does not meet the policy criteria or the intervention is not normally funded by the NHS, an application for clinical exceptionality can be considered via the ICB's Individual Funding Request (IFR) Policy and Process.</p>
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<b>Coding list:</b>

Policy document record:	<b>Obesity - Referral to Specialist Weight Management Services</b> Version: v1.0
Ratified by:	
Ratification date:	1 <sup>st</sup> April 2026
Record of significant change:	v1.0 – New harmonised policy for Central East ICB, based on predecessor ICB policies (C&P, HWE, BLMK).
Planned review date:	TBC

<p><b>Document Environmental Impact statement:</b></p> <p>Neutral environmental impact. Policy to be shared and stored electronically where possible; if printed, use double-sided printing and minimal copies.</p>
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