**Prevention services in Humber and North Yorkshire - Weight Management** as of July 2023

| **Service Area** | **NE Lincs** | **N Lincs** | **York** | **North Yorkshire** | **Hull** | **East Riding** |
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| **Self-Care – Let's get Better** | [Self-care - Let's Get Better (letsgetbetter.co.uk)](https://www.letsgetbetter.co.uk/get-the-right-care/self-care/)[Weight Loss - HNY (hnyhealthapps.co.uk)](https://hnyhealthapps.co.uk/en-GB/topic/weight-loss?&sortBy=AccreditationScoreDesc) |
| **Digital Weight Management Programme**SNOMED code is 1402911000000108 – Referral to NHS DWMP (procedure) | Referral by a suitably trained and competent GP practice or PCN healthcare professional via the existing e-referral System (e-RS)Further Information on the programme and how to refer: [https://www.england.nhs.uk/digital-weight-management/](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.england.nhs.uk%2Fdigital-weight-management%2F&data=04%7C01%7CNicola.Corrigan%40phe.gov.uk%7Cba84fc058eb4419b0f9208d90fb9faa2%7Cee4e14994a354b2ead475f3cf9de8666%7C0%7C0%7C637558113701629254%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=DVq3LsEYS2OBR6RK2WqXmr%2Bu3p48LASvxG%2B6SE2RzMM%3D&reserved=0) |
| **National Diabetes Prevention Programme (Healthier You Programme)**SNOMED code is: 1025321000000109 “Referral to NHS Diabetes Prevention Programme (procedure)” | GP referral via primary care[Healthier You | Diabetes Prevention Programme (preventing-diabetes.co.uk)](https://preventing-diabetes.co.uk/) |
| **National Diabetes Prevention Programme - Low Calorie Diets**SNOMED code is: 1239571000000105 “Referral to total diet replacement programme (procedure)” | GP referral via primary care |
| **Tier 1 e.g. VBA or wellness /health trainer service** | NELC - Wellbeing Service delivers – please see link for criteria. [Wellbeing Service - LiveWell (nelincs.gov.uk)](http://livewell.nelincs.gov.uk/your-wellbeing/wellbeing-service/) | Yes - Health champion trainingMECC trainingDelivered by PH training lead and aligned trainers | Healthy eating / physical activity brief intervention included as part of CYC Health Trainer offer[CYC Health Trainers – City of York Council](https://www.york.gov.uk/CYCHealthTrainers) | No service, would direct to the following sites: [Lose weight - Better Health - NHS (www.nhs.uk)](https://www.nhs.uk/better-health/lose-weight/) [Welcome to NY Connect | NY Connect (northyorkshireconnect.org.uk)](https://northyorkshireconnect.org.uk/) [North Yorkshire Sport - Activity Finder](https://www.northyorkshiresport.co.uk/activity-finder)[Healthy living | North Yorkshire Council](https://www.northyorks.gov.uk/healthy-living) | Children and Family HENRY Early Years Programme (0-4yrs)[Healthy Lifestyles Team – Family Hubs (familyhubshull.org.uk)](https://www.familyhubshull.org.uk/directory-record/18/healthy-lifestyles-team) | ERYC Library Service – Healthy Chats and BodyTrax scansXyla Health – Healthy LifestyleEligibility – Anyone who requires healthy lifestyle support. No criteria<https://xylahealthandwellbeing.com/stop-smoking-landing-page/> |
| **Tier 2** | Yes – Wellbeing Service delivers – please see link below - [Weight Management Courses - LiveWell (nelincs.gov.uk)](https://livewell.nelincs.gov.uk/healthy-weight/free-weight-management-course/) | Yes – NLC Healthy Lifestyles team, 18+ NL Resident, BMI 25+ (or a lower BMI of 23 or more for adults of South Asian, Chinese and Black ethnicities). Referral from Health Professional or self[Living a healthy life - North Lincolnshire Council (northlincs.gov.uk)](https://www.northlincs.gov.uk/people-health-and-care/living-a-healthy-life/) | T2 service commissioned by PH and delivered by Slimming World and GLL, visit:[CYC Health Trainers – City of York Council](https://www.york.gov.uk/HealthyEating)Primary Care referral into Healthwise (exercise on prescription):[HealthWise Exercise Referral Programme – City of York Council](https://www.york.gov.uk/sport-physical-activities/healthwise-exercise-referral-programme/1) | NYC PH Commissioned service [Healthy weight | North Yorkshire Council](https://www.northyorks.gov.uk/healthy-living/healthy-weight)[NHS England » The NHS Digital Weight Management Programme](https://www.england.nhs.uk/digital-weight-management/) | Children and Family HENRY Growing Up Programme (4-11yrs)[Healthy Lifestyles Team – Family Hubs (familyhubshull.org.uk)](https://www.familyhubshull.org.uk/directory-record/18/healthy-lifestyles-team) | Internal ERYC service – Exercise referralCriteria – BMI 25+, live in the ER, 18+<https://www.eastridingleisure.co.uk/health/exercise-referral/>LiveWell – internal ERYC service – BMI 45+ registered with an ER GP. 18+<https://www.eastridingleisure.co.uk/health/live-well/>Xyla Health and wellbeing – Adult Weight management programmeBMI 25+, lives in the ER, 18+<https://xylahealthandwellbeing.com/stop-smoking-landing-page/> |
| **Tier 3**SNOMED code is: 1403011000000103 - Referral to NHS Tier 3 specialist weight management service (procedure) | ABL – A Better Life – commissioned by ICB | ABL – A Better Life – commissioned by ICB | Yes. [NHS Vale of York Clinical Commissioning Group - Tier 3 Obesity Management Service (valeofyorkccg.nhs.uk)](https://www.valeofyorkccg.nhs.uk/rss/home/community-services/tier-3-obesity-management-service/)  | Yes. [NHS Vale of York Clinical Commissioning Group - Tier 3 Obesity Management Service (valeofyorkccg.nhs.uk)](https://www.valeofyorkccg.nhs.uk/rss/home/community-services/tier-3-obesity-management-service/) (Selby)Specialist Weight Management Service. South Tees Hospitals NHS Foundation Trust. Contact bethany.squire@nhs.net (Harrogate, Hambleton, Richmondshire, Scarborough & Ryedale) | WeightWise Adults[City Health Care Partnership (chcpcic.org.uk)](https://www.chcpcic.org.uk/chcp-services/tier-3-weight-management-adults)WeightWise Children[City Health Care Partnership (chcpcic.org.uk)](https://www.chcpcic.org.uk/chcp-services/weightwise-extra) | No |
| **Tier 4 / Bariatric**SNOMED code is: 1402991000000104 - Referral to NHS Tier 4 specialist weight management service (procedure) | ICS Commissioned | ICS Commissioned | [York and Scarborough Teaching Hospitals NHS Foundation Trust - Bariatric (weight loss) surgery (yorkhospitals.nhs.uk)](https://www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/bariatric-weight-loss-surgery/)  | [Bariatric surgery | South Tees Hospitals NHS Foundation Trust](https://www.southtees.nhs.uk/services/general-surgery/bariatric-surgery/)[York and Scarborough Teaching Hospitals NHS Foundation Trust - Bariatric (weight loss) surgery (yorkhospitals.nhs.uk)](https://www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/bariatric-weight-loss-surgery/) | ICS Commissioned | ICS Commissioned  |