

Appendix 2: Healthy weight and obesity services pathway

- 5.1 Much of the work described in this paper is preventative, and supports the local obesity care pathways, which provide different interventions and services based on different levels of need. Figure 8 below gives an overview of the different elements of an evidence-based obesity care pathway. Table 2 shows the commissioning responsibility for each part of the pathway.
- 5.2 Locally there are a range of services commissioned and delivered across the health, care and voluntary sectors that contribute to promoting healthy weight, and reducing obesity.
- 5.3 Through the City and Hackney Integrated Care System, joint work is being taken forward by the Prevention and Planned Care workstreams to review and address existing gaps in local clinical obesity pathways. At present, there is no specialist service provision (Tier 3) commissioned to support very obese individuals with obesity related co-morbidity, who may not have responded to earlier interventions in the pathway. The service gap is evident for both adults and children. The emergence of integrated commissioning creates a new opportunity for joint work to commission across the whole pathway in Hackney to meet all levels of need in relation to obesity treatment.

Figure 8: UK Obesity pathway for adults, Department of Health 2013

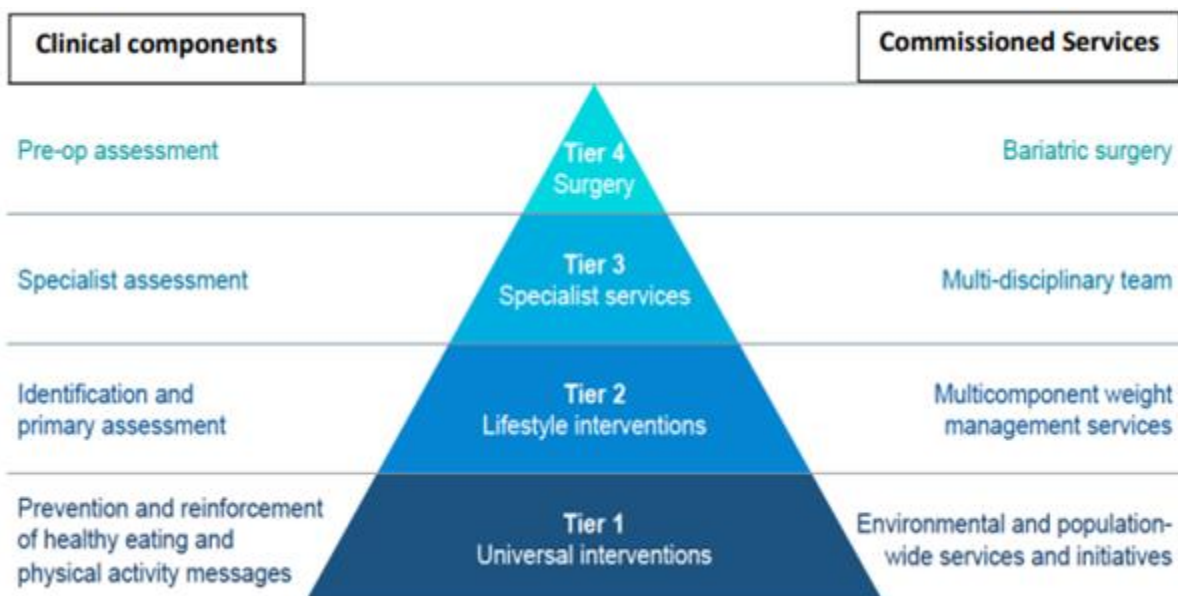


Table 4: Pathways for obesity - adapted from 'Joined up clinical pathways for obesity: Report of the working group', NHS England, 2014

Intervention type	Description	Commissioning lead	Referral criteria
Universal interventions	Universal interventions (prevention and reinforcement of healthy eating and physical activity messages)	Local authority	Universal
Lifestyle interventions	Lifestyle weight management services, usually in a group and time-limited	Local authority	Locally determined
Specialist services	Clinically-led multidisciplinary team (MDT), potentially including physician (including consultant or GP with a special interest), specialist nurse, dietitian, psychologist, psychiatrist, and physiotherapist	CCG	Very obese/morbidly obese
Surgical	Bariatric surgery, supported by MDT pre and post procedure	CCG (formerly NHS England)	Very obese/morbidly obese