**Obesity Management Guidance Document**

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# Introduction

## Guidance statement

This organisation has agreed to sign up to the [Enhanced Service Specification – Weight Management 2025/26](https://www.england.nhs.uk/wp-content/uploads/2025/03/enhanced-service-specification-weight-management-2025-26.pdf). Section 6.3 of the enhanced service (ES) outlines what this organisation is required to do to identify and support people living with obesity. This document has been produced to provide all staff at this organisation with the necessary information to ensure that the weight management service being offered to patients is appropriate to their needs.

## Status

In accordance with the [Equality Act 2010](https://www.legislation.gov.uk/ukpga/2010/15/contents), we have considered how provisions within this policy might impact on different groups and individuals. This document and any procedures contained within it are non-contractual, which means they may be modified or withdrawn at any time. They apply to all employees and contractors working for the organisation.

# General guidance

## Obesity register

The organisation’s obesity register is its list of patients aged 18 years or over with a BMI > 30 or > 27.5 for those people from ethnic minority backgrounds in the preceding 12 months.

## Weight management services/acceptable referrals

The referral process and what constitutes an acceptable referral are outlined in Component 2: patient support and referral of the [ES specification](https://www.england.nhs.uk/wp-content/uploads/2025/03/enhanced-service-specification-weight-management-2025-26.pdf). Referral allocation is based on the number of patients on the organisation’s obesity register as at 31 March the preceding year. This referral allocation will be a minimum of 9.5% of the number of patients on the register.

## Weight management resources

Weight management resources include:

* [eLfH: Making Every Contact Count](https://www.e-lfh.org.uk/programmes/making-every-contact-count/)
* [Guidance for Commissioners and Providers (Tier 2)](https://www.gov.uk/government/collections/weight-management-guidance-for-commissioners-and-providers)
* [Moving Healthcare Professionals programme](https://www.sportengland.org/funds-and-campaigns/moving-healthcare-professionals)
* [NICE Guideline NG246 Overweight and obesity management](https://www.nice.org.uk/guidance/ng246)
* [NICE Quality standard 212 Overweight and obesity management](https://www.nice.org.uk/guidance/qs212)
* [Public Health England’s Let’s Talk About Weight](https://www.gov.uk/government/publications/adult-weight-management-a-guide-to-brief-interventions)
* The NHS Digital Weight Management Programme
* [Supportive and effective conversations about weight management referrals](https://www.phc.ox.ac.uk/supportive-and-effective-conversations-about-weight-management-referrals) (video resource)

# Service delivery specification

## General requirements of the enhanced service

The general requirements of the ES are outlined in Section 5 of the specification document. The aims of the ES are detailed at Section 6 of the specification document. This includes detailed information of Component 1 and Component 2 of the ES.

## Assessment protocol

As stated at Section 6.3 of the ES, this organisation must develop and implement a protocol for the identification and support of patients living with obesity. An example protocol can be found at [Annex A](#_Annex_A_–).

# Payment and validation

## Payment

Payment and validation for this ES is detailed at Section 7 of the specification document. This organisation will be paid£11.50 per referral; only one claim per referral may be made. Qualifying referrals are to be coded using SNOMED: Referral to weight management service 1326201000000101.

Section 7.4 of the ES specification advises that claims are to be made manually, monthly after the referral, and are subject to the terms and conditions outlined within the ES specification.

# Annex A – Protocol to identify and support obese patients

This organisation is required to develop and implement a protocol for the identification and support of patients living with obesity. The weight management specification seeks to:

* Normalise conversations about weight and weight management in all consultations, not just those for long-term condition management
* Recognise that these conversations need to be handled sensitively, using shared decision-making principles, to understand if a patient would want to be referred
* Consider how all opportunities for the identification of people living with obesity are maximised, including how this can be achieved during telephone, virtual and face to face consultations
* Encourage patients to provide the organisation with information regarding their weight, BMI and other self-reportable health information
* Record and update BMI annually when a patient has had a BMI recorded in their record that indicates they are living with obesity
* Record and maintain details of available weight management services and

how to refer patients to the appropriate service including:

* [NHS Digital Weight Management Services](https://www.england.nhs.uk/digital-weight-management/)
* [NHS Digital weight management: Healthcare professional toolkit](https://www.england.nhs.uk/wp-content/uploads/2021/06/NHS-Digital-Weight-Management-Programme-Healthcare-Professional-Toolkit-2022.pdf)
* [Tier 2 behavioural weight management services](https://digital.nhs.uk/data-and-information/clinical-audits-and-registries/national-obesity-audit/national-obesity-audit-guidance/tier-2-behavioural-weight-management-services)
* [NHS Diabetes Prevention Programme](https://www.england.nhs.uk/diabetes/diabetes-prevention/)

Referrals are only to be made by suitably qualified and trained personnel.