



Those aged under 5

Universal support

Better Health - Start for Life: <https://www.nhs.uk/start-for-life/>

Better Health – Healthier families: <https://www.nhs.uk/healthier-families/>

Warwickshire Health Visiting healthy lifestyles support: <https://linktr.ee/nhswarwickshirehealthylife>

Child over 91st BMI Centile (BMI not routinely measured until child is 2).

Healthy Start Scheme:
<https://www.healthystart.nhs.uk/>

If child's needs are not met consider referral to Dietetics.

Families who would like support to maintain a healthier, more active lifestyle

Healthy Lifestyle, Healthy Families, 5-week interactive group programme, delivered online.

Information and referral contact HLHF@swft.nhs.uk

Professionals concerned about a child's weight or lifestyle

Those aged 4 to 19 years

BMI: 2nd - < 91st centile
Healthy Weight

Offer **Universal support Healthier Families**
www.nhs.uk/healthier-families/

BMI ≥91st centile
Overweight and Ready to Change

Change Makers
www.compass-uk.org/services/c4h/

If child's needs are not met, discuss referral options to:

Dietetics for specialised support
<https://www.swft.nhs.uk/our-services/children-and-young-peoples-services/dietetics>

BMI ≥98th centile
Very Overweight

BMI ≥98th centile with co-morbidities (mobility problems due to weight, CVD risk factors, fatty liver) OR BMI > 99.6th

Dietetics
www.swft.nhs.uk/our-services/children-and-young-peoples-services/dietetics



Free service for anyone with a child aged 4 to 19, or up to 25 for individuals with SEND. We offer one-to-one support, parent/carer workshops and a seven-week programme.
www.compass-uk.org/services/c4h/

BMI Centile (children)



Patients can be referred directly to any adult weight management service.

Universal offer
for all

BMI 30+
BMI 27.5+ when
adjusted for
ethnicity

BMI 35+

BMI 40+

www.nhs.uk/better-health

Digital Weight Management - GP referral only

www.england.nhs.uk/digital-weight-management

- Diagnosis of diabetes
- Diagnosis of hypertension
- Has a smartphone, tablet, or computer with internet access



Fitter Futures Warwickshire

fitterfutures.everyonehealth.co.uk/

- Those with a high-risk health concern such as cancer, cardiac and pulmonary conditions
- Those registered with a severe mental illness
- Those living within the top 20% deprived areas in Warwickshire
- Those with a learning disability
- Pregnant and postnatal women
- Those receiving Universal Credit
- People experiencing homelessness / no fixed abode
- Care leavers
- Black and ethnic minority communities
- Vulnerable migrants
- Victims of modern slavery
- Gypsy, Roma and Traveller communities
- People in contact with the justice system



If adult needs are not met via Fitter Futures or NHS Digital WM consider referral to **Dietetics**.

Eligibility criteria:

BMI 30kg/m² or BMI of 28kg/m² plus one or more of the following conditions:

- Type 1 Diabetes
- Type 2 Diabetes
- Cardiovascular Disease (10% risk of CVD in next 10 years)
- Hypertension
- Polycystic Ovary Syndrome (PCOS)

OR BMI > 28kg/m² for people for whom group education is not suitable e.g. house bound, learning disabilities, mental health problems, brain injury, first language is not English, group sessions have been previously unsuccessful.

www.swft.nhs.uk/our-services/adults-out-hospital-services/dietetics

Tier 3 and 4 (Specialist Weight Management and Bariatric Surgery)* with comorbidities:

- Diagnosis of hypertension
- Diagnosis of diabetes
- Pre-diabetes

South Asian patients can be referred with a BMI > 35 without co-morbidities

Tier 3 (Specialist Weight Management)

www.coventryrugbygateway.nhs.uk/pages/bariatrics-obesity/

Tier 4 (Bariatric Surgery)

Tier 4 is only accessed through Tier 3 due to specialist preparation requirements.

www.coventryrugbygateway.nhs.uk/pages/bariatrics-obesity/

If there is a diagnosis of diabetes, consider the diabetes pathway

GPs receive £11.50 per Adult Weight Management referral (excluding Universal and Community Dietetics offers)

Adult BMI (18+)

Less than 18.5
Underweight

18.5 – 24.9
Healthy Weight

25 – 29.9
Overweight

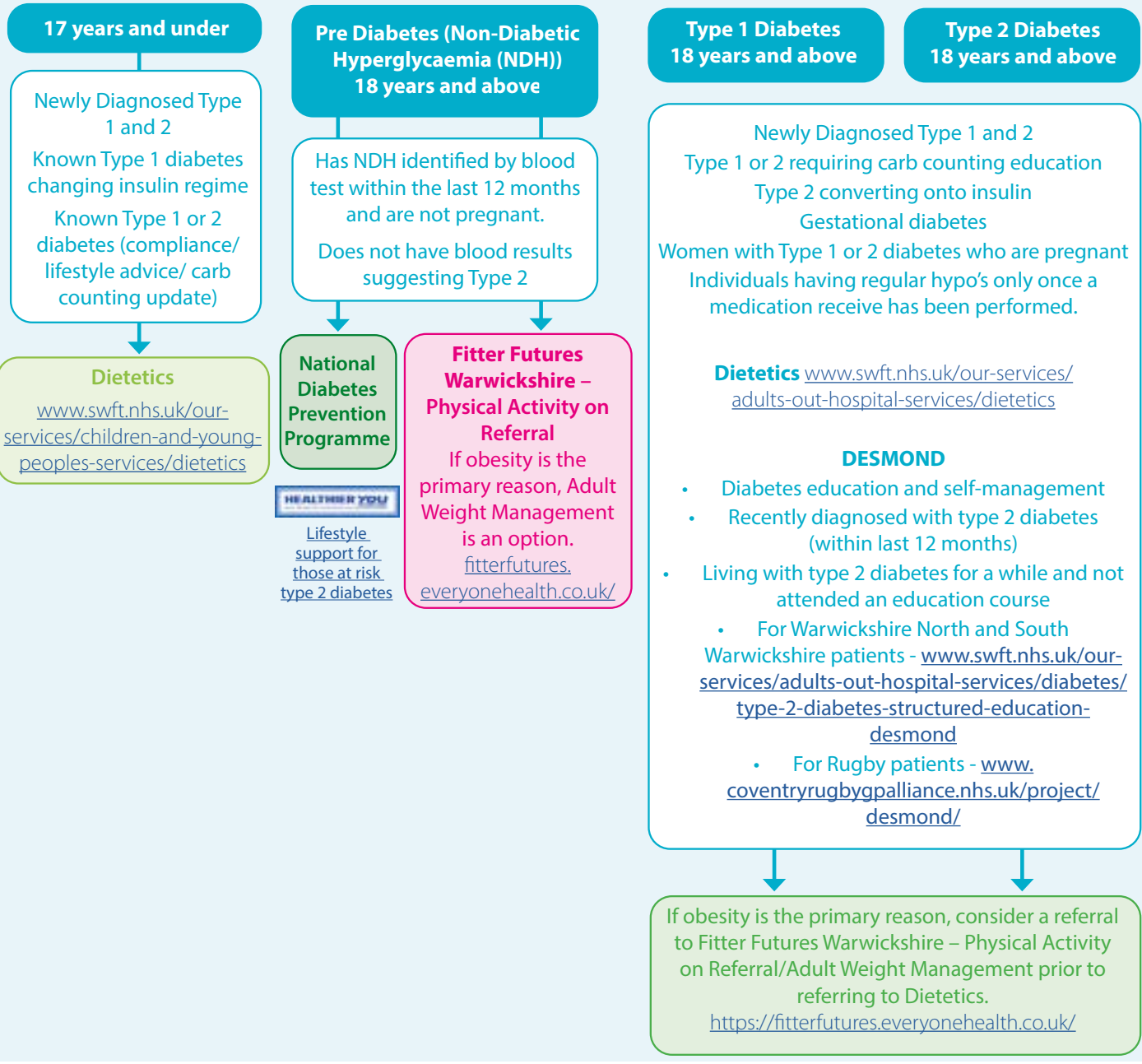
30 – 39.9
Very Overweight

40+
Extremely
Overweight

Black, Asian and other Minority Ethnic groups have a higher risk of developing some long-term (chronic) conditions, such as [type 2 diabetes](#). These adults with a BMI of: 23 or more are at increased risk, 27.5 or more are at high risk.



Diabetes Pathway



17 years and under

Newly Diagnosed Type 1 and 2
Known Type 1 diabetes changing insulin regime
Known Type 1 or 2 diabetes (compliance/ lifestyle advice/ carb counting update)

Dietetics
www.swft.nhs.uk/our-services/children-and-young-peoples-services/dietetics

Pre Diabetes (Non-Diabetic Hyperglycaemia (NDH)) 18 years and above

Has NDH identified by blood test within the last 12 months and are not pregnant.
Does not have blood results suggesting Type 2

National Diabetes Prevention Programme



Lifestyle support for those at risk type 2 diabetes

Fitter Futures Warwickshire – Physical Activity on Referral
If obesity is the primary reason, Adult Weight Management is an option.
[fitterfutures, everyonehealth.co.uk/](http://fitterfutures.everyonehealth.co.uk/)

Type 1 Diabetes 18 years and above

Type 2 Diabetes 18 years and above

Newly Diagnosed Type 1 and 2
Type 1 or 2 requiring carb counting education
Type 2 converting onto insulin
Gestational diabetes
Women with Type 1 or 2 diabetes who are pregnant
Individuals having regular hypo's only once a medication receive has been performed.

Dietetics www.swft.nhs.uk/our-services/adults-out-hospital-services/dietetics

- DESMOND**
- Diabetes education and self-management
 - Recently diagnosed with type 2 diabetes (within last 12 months)
 - Living with type 2 diabetes for a while and not attended an education course
 - For Warwickshire North and South Warwickshire patients - www.swft.nhs.uk/our-services/adults-out-hospital-services/diabetes/type-2-diabetes-structured-education-desmond
 - For Rugby patients - www.coventryrugbygpalliance.nhs.uk/project/desmond/

If obesity is the primary reason, consider a referral to Fitter Futures Warwickshire – Physical Activity on Referral/Adult Weight Management prior to referring to Dietetics.
<https://fitterfutures.everyonehealth.co.uk/>