

Eligibility criteria for Adult Weight Management services in Camden and Islington

CAMDEN

All service users who access the programme should be:

- Aged over 18
- Expressed a willingness and motivation to change
- A Camden resident and/or be registered with an NHS Camden General Practitioner (GP); and
 - Have a **BMI ≥ 30 kg/m²** with or without co-morbidities (**BMI ≥ 27.5 kg/m²** for black and minority ethnic service users), **and/or**
 - Have a **BMI ≥ 25 kg/m²** with any of the eligible co-morbidities as described in the table below (**BMI ≥ 23.0 kg/m²** for black and minority ethnic service users)
- Not pregnant, participation should only occur once the service user is cleared to exercise after their 6-8 week post natal check-up

In Camden all referrals should come through the Camden Active Health Team, however the exact programme the individual will be triaged into will depend on the following:

Tier 2 Service

Service users who meet the following criteria will be referred into the Tier 2 adult weight management service in Camden:

- Have a **BMI ≥ 30 kg and ≤ 49.9 kg/m²** with or without co-morbidities (**BMI ≥ 27.5 and ≤ 49.9 kg/m²** for black and minority ethnic service users), **and/or**
- Have a **BMI $\geq 25 \leq 44.9$ kg/m²** with any of the eligible co-morbidities as described in the table above (**BMI ≥ 23.0 and ≤ 44.9 kg/m²** for black and minority ethnic service users)
- In the absence of the Tier 3 service, the BMI threshold has increased and is set to 49.9

The final decision as to whether a service user will enrol into the Tier 2 service sits with the commissioners of the Tier 2 and Tier 3 Adult Weight Management services.

Eligible co-morbidities for referral at BMI ≥ 25 kg/m ²		
Condition	Inclusion criteria	Exclusion criteria
Diabetes		
Type 2	Well controlled with no recent episodes of hyperglycaemia	Poorly controlled (i.e. recent episodes of hyperglycaemia)
Pre-diabetes	Fasting blood glucose between 5.5 and 6.9mmol/l or HbA1c between 42 and 47mmol/mol (6-6.4%)	Fasting blood glucose outside of range specified in inclusion criteria
Cardiovascular disease		
Any recent myocardial infarction or any other acute cardiac event	Service user has completed all phases of Cardiac Rehabilitation	Service user has not completed all phases of Cardiac Rehabilitation
Respiratory Disease		
COPD	Service user has completed Pulmonary Rehabilitation	Service user has not completed Pulmonary Rehabilitation
Asthma	Well controlled with no recent history of acute exacerbation requiring hospital admission	Uncontrolled exercise-induced asthma to be excluded until appropriate treatment has been commenced

Muscular-skeletal conditions		
Osteoarthritis/ rheumatoid arthritis/ osteoporosis or a mobility linked condition	Service user is currently taking part in some physical activity and is confident that they could exercise within a group situation and/or independently	Service user is unable to take part in any physical activity due to limited mobility and/or is currently has a flare up of their condition, or where the condition is exacerbated by physical activity

Where the service user has comorbidity, it is assumed that the condition is well controlled and the service user's GP has confirmed that the service user is safe to exercise.

Islington

All service users who access the programme should be:

- Aged over 18
- Expressed a willingness and motivation to change
- An Islington resident and/or be registered with an NHS Islington General Practitioner (GP); and
 - Have a **BMI ≥ 30 kg/m²** with or without co-morbidities (**BMI ≥ 27.5 kg/m²** for black and minority ethnic service users), **and/or**
 - Have a **BMI ≥ 25 kg/m²** with any of the eligible co-morbidities as described in the table below (**BMI ≥ 23.0 kg/m²** for black and minority ethnic service users)
- Not pregnant, participation should only occur once the service user is cleared to exercise after their 6-8 week post natal check-up

Tier 2

Service users who meet the following criteria will be referred into the Tier 2 adult weight management service in Islington:

- Have a **BMI ≥ 30 kg and ≤ 50 kg/m²** with or without co-morbidities (**BMI ≥ 27.5 and ≤ 50 kg/m²** for black and minority ethnic service users)
- Have a **BMI $\geq 25 \leq 50$ kg/m²** with any of the eligible co-morbidities as described in the table below (**BMI ≥ 23.0 and ≤ 50 kg/m²** for black and minority ethnic service users)

Eligible co-morbidities for referral at BMI ≥ 25 kg/m ²		
Condition	Inclusion criteria	Exclusion criteria
Diabetes		
Type 2	Well controlled with no recent episodes of hyperglycaemia	Poorly controlled (i.e. recent episodes of hyperglycaemia)
Pre-diabetes	Fasting blood glucose between 5.5 and 6.9mmol/l or HbA1c between 42 and 47mmol/mol (6-6.4%)	Fasting blood glucose outside of range specified in inclusion criteria
Cardiovascular disease		
Any recent myocardial infarction or any other acute cardiac event	Service user has completed all phases of Cardiac Rehabilitation	Service user has not completed all phases of Cardiac Rehabilitation
Respiratory Disease		
COPD	Service user has completed Pulmonary Rehabilitation	Service user has not completed Pulmonary Rehabilitation
Asthma	Well controlled with no recent history of acute exacerbation requiring hospital admission	Uncontrolled exercise-induced asthma to be excluded until appropriate treatment has been commenced
Muscular-skeletal conditions		
Osteoarthritis/ rheumatoid arthritis/ osteoporosis or a mobility linked condition	Service user is currently taking part in some physical activity and is confident that they could exercise within a group situation and/or independently	Service user is unable to take part in any physical activity due to limited mobility and/or is currently has a flare up of their condition, or where the condition is exacerbated by physical activity