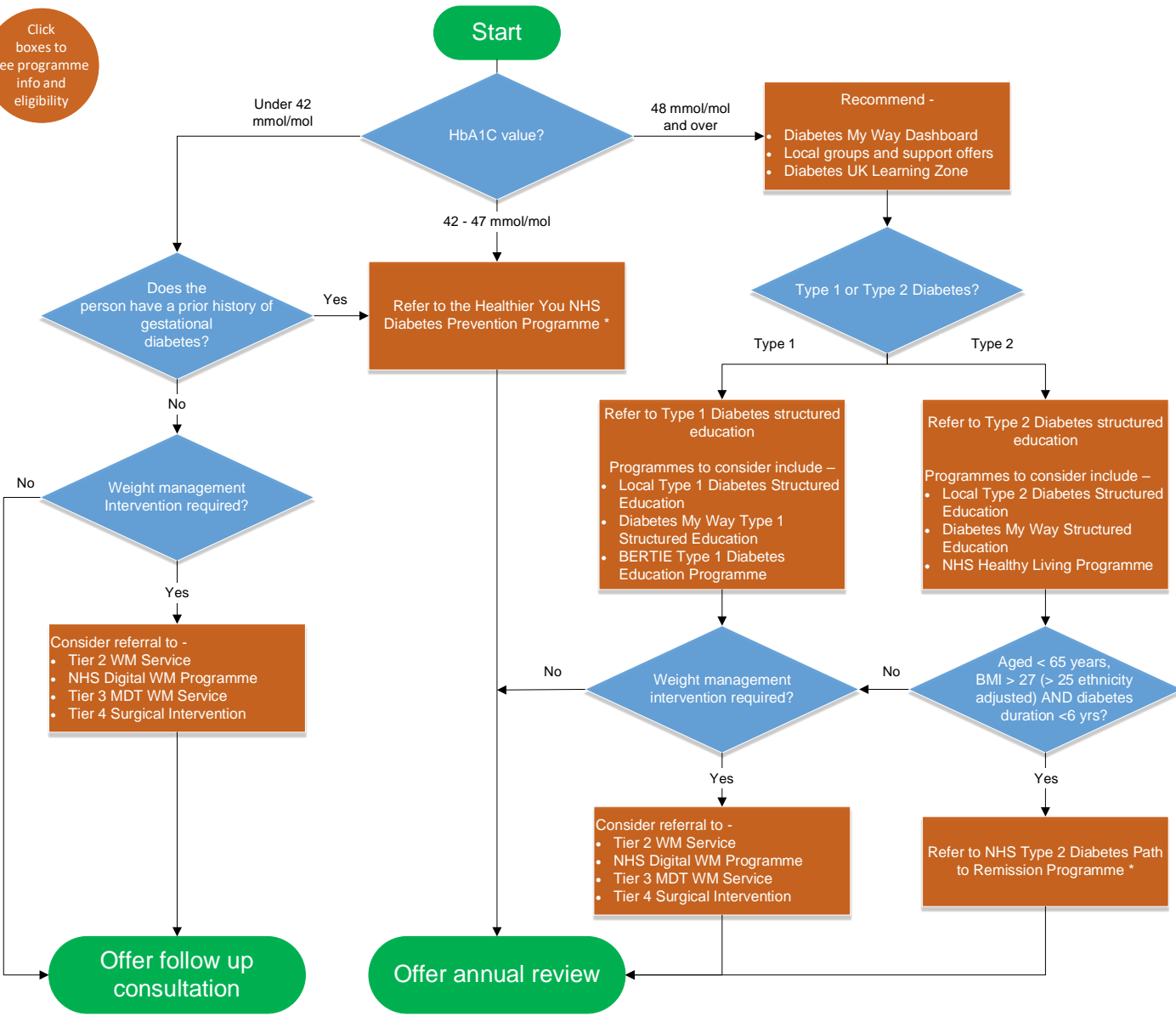


Click boxes to see programme info and eligibility



This guidance has been developed by the **Greater Manchester and Easter Cheshire Strategic Clinical Networks** to support health care professionals to navigate the weight management and diabetes management services available in Greater Manchester.

Please note –

- The guidance relates to adult services
- People may be eligible for a number of weight management interventions. Collaborative decision making with people, their families and their carers will be required to find the most appropriate programme
- Eligibility criteria and BMI thresholds for weight management programmes are provided in line with [NICE Obesity: identification, assessment and management Clinical guideline \[CG189\]](#) and may vary locally. It is important to be familiar with your local services
- There may be additional weight management and physical activity interventions and support groups provided locally that the person may attend

For more information and support on the diagnosis, treatment and management of rarer diabetes types including the following conditions please contact your secondary care diabetes team.

- Gestational diabetes
- Latent autoimmune diabetes of adults (LADA)
- Maturity onset diabetes of the young (MODY)
- Ketosis-Prone Diabetes
- Diabulimia
- Type 3c diabetes

* People may also be eligible for Tier 2, 3 and 4 weight management services and the NHS Digital WM Programme, click here to see eligibility criteria

Diabetes Prevention, Education & Weight Management Programme Info

Click to return to decision tree

	NDH Management Programmes	Type 1 & Type 2 Diabetes Support & Structured Education			Type 2 Diabetes Structured Education		Type 2 Diabetes Remission
	Healthier You NHS Diabetes Prevention Programme	Diabetes My Way Dashboard	Diabetes My Way Structured Education	Diabetes UK Learning Zone	Local Type 2 Diabetes Structured Education	Healthy Living (digital SE for type 2 diabetes)	NHS Type 2 Diabetes Path to Remission Programme (Formerly LCD Pilot)
Weight criteria	No minimum BMI but benefits of weight loss must outweigh risks	None – not specifically a weight loss intervention	None – not specifically a weight loss intervention	None – not specifically a weight loss intervention	None – not specifically a weight loss intervention	None – not specifically a weight loss intervention	BMI ≥27 (or ≥25 if Black, Asian or other ethnic minority)
Criteria regarding history of diabetes or hypertension	Must have non-diabetic hyperglycaemia or a previous history of gestational diabetes People are ineligible if they have a history of diabetes	Must have diagnosis of diabetes (type 1 or type 2)	Must have diagnosis of diabetes (type 1 or type 2)	Those with a diagnosis of Type 1 or Type 2 Diabetes, their carers or health care professionals can register	Must have diagnosis of type 2 diabetes	Must have type 2 diabetes or be a carer for someone with type 2 diabetes	Must have type 2 diabetes diagnosed in last 6 years and not insulin-treated (other criteria apply)
Summary of service	Lifestyle change programme for people at risk of type 2 diabetes. Expected weight loss of 3-4kg at 1 year Attending >60% of sessions is associated with 37% relative risk reduction of developing type 2 diabetes	A free online service to help people manage their diabetes The service includes secure access to personal diabetes health records displayed via an easy-to-understand dashboard linked to information and advice to help people decide on priorities for their health	A free online service to help people manage their diabetes The service includes NHS accredited eLearning courses that people can complete in their own time, covering type 1 and type 2 diabetes and a range of other useful topics including resources for those with gestational diabetes or at risk of developing type 2 diabetes Over 200 open access multimedia diabetes resources and multi-language content	Diabetes UK Learning Zone provides courses, videos, quizzes and interactive tools with tasty food swaps and tips for managing diabetes day-to-day Content is tailored using special category data relating to a person's health and ethnicity	Group-based behaviour change and education programme to support people with a diagnosis of Type 2 diabetes to self-manage their condition, improve their health and improve their health targets through a structured education programme	A free, online NHS programme that supports people to live well with type 2 diabetes providing digital structured education with RCT evidence of glycaemic benefit Can use alongside weight management services if appropriate	Formerly known as the NHS Low Calorie Diet (LCD) Pilot the NHS Type 2 Diabetes Path to Remission Programme provides an intensive weight loss programme using total diet replacement for 3 months, followed by 9 months of behavioural support via 121 coaching Expected weight loss of 10-15kg at 1 year
Programme aim	Prevention of type 2 diabetes through weight management / lifestyle change	Living well with diabetes	Living well with diabetes	Advice for managing diabetes day-to-day	Living well with diabetes	Living well with diabetes	Remission of type 2 diabetes through intensive weight management
When to offer	At any point after identification of NDH or previous GDM	At any point after diagnosis of type 1 or type 2 diabetes	At any point after diagnosis of type 1 or type 2 diabetes	At any point after diagnosis of type 1 or type 2 diabetes	At any point after diagnosis of type 2 diabetes	At any point after diagnosis of type 2 diabetes	Within 6 years of diagnosis of type 2 diabetes, particularly at time of diagnosis
Duration of service	9-12 months	No time limit	No time limit	No time limit	Provider dependent	No time limit	12 months
Mode of delivery	Face-to-face groups/ 121 digital / remote for Urdu speakers and those with a visual or hearing impairment	Online / digital apps	Online / digital apps	Online	Provider dependent	Online	Digital / 121 in-person
For further information	https://healthieryou.reedwellbeing.com/	https://diabetesmyway.nhs.uk/	https://diabetesmyway.nhs.uk/	https://learningzone.diabetes.org.uk/	Service commissioned locally. Please contact your ICB locality team for more information	www.healthyliving.nhs.uk	https://momentanewcastle.com/hc/p-t2dr-gm



Type 1 Diabetes Structured Education

Weight Management Programmes

*Reduce BMI thresholds by 2.5 kg/m² for people with a South Asian, Chinese, other Asian, Middle Eastern, Black African or African-Caribbean family background

**BMI criteria may vary locally and it is important to be familiar with your local services

	Local Type 1 Diabetes Structured Education	BERTIE Type 1 Diabetes Education Programme	Weight Management Support	Tier 2 Weight Management	NHS Digital Weight Management Programme	Tier 3 Non-Surgical Weight Management	Tier 4 Surgical Weight Management
Weight criteria	None – not specifically a weight loss intervention	None – not specifically a weight loss intervention	None – resources are available to all to support healthier living and to improve well being	BMI 25+	BMI 30+	BMI 40+ or BMI 35+ with comorbidities	BMI 50+ or - BMI 40+ - BMI 35+ with comorbidities - BMI 30+ with diabetes diagnosis in past 10 years AND receiving management in a tier 3 service * Expedited assessment if BMI 35+, diabetes diagnosis in past 10 years and receiving management in a tier 3 service
Criteria regarding history of diabetes or hypertension	Must have diagnosis of type 1 diabetes	Must have diagnosis of type 1 diabetes	No diagnosis of diabetes or hypertension required	No diagnosis of diabetes or hypertension required	Must have diagnosis of diabetes (type 1 or type 2) and / or hypertension	Type 2 Diabetes and hypertension are included amongst comorbidities that reduce the BMI thresholds to access the service	Type 2 Diabetes and hypertension are included amongst comorbidities that reduce the BMI thresholds to access the service
Summary of service	Group-based education to support people with a diagnosis of Type 1 diabetes to lead as normal a life as possible, whilst also maintaining blood glucose levels within healthy targets, to reduce the risk of long-term diabetes complications	BERTIE Type 1 Diabetes Education Programme will help people learn what type 1 diabetes means for their body, how to manage their diabetes in a way that suits their lifestyle, and understand what to do and how to cope when things go wrong Modules include - - What is diabetes? - Carbohydrate counting - Managing your diabetes in real life	Resources that can provide people with more information on healthy living include- NHS Live Well (www.nhs.uk/live-well) provides advice about healthy living, including eating a balanced diet, healthy weight, exercise, quitting smoking and drinking less alcohol. NHS Better Health (www.nhs.uk/better-health) provides free tools, apps and support to improve well being	Tier 2 weight management services provide a multi-component support to overweight people across diet, physical activity and behaviour change usually delivered in a group setting over 12 weeks	Digital weight loss programme with choice of available providers. Expected weight loss of 3-4kg in 12 weeks Different levels of support provided including self-guided and 121 coaching options depending on the person's characteristics	Tier 3 services provide a non-surgical intensive medical management with an MDT clinically led approach usually including a lead specialist clinician, a dietician, a specialist nurse, a clinical psychologist and a physical therapist	Surgery to aid weight reduction for adults with morbid / severe obesity should be considered in accordance with NICE (2006) guidelines when the person has fully engaged in a structured weight loss programme and non-invasive measures have been tried for a sufficient period but have failed to achieve and maintain significant weight loss for the person's clinical needs
Programme aim	Living well with diabetes	Living well with diabetes	Weight management / behavioural and lifestyle changes	Weight management / behavioural and lifestyle changes	Weight management / behavioural and lifestyle changes	Weight management / behavioural and lifestyle changes	Weight management / behavioural and lifestyle changes
When to offer	At any point after diagnosis of type 1 diabetes	At any point after diagnosis of type 1 diabetes	At any point - resources are available to all to support healthier living and to improve well being	At any point for people who are overweight/ living with obesity	At any point after diagnosis of type 2 diabetes and living with obesity	At any point for people who are overweight/ living with obesity	At any point for people who are overweight/ living with obesity
Duration of service	Provider dependent	No time limit	No time limit	Provider dependent	3 months	Provider dependent	Provider dependent
Mode of delivery	Provider dependent	Online / digital apps	Online	Provider dependent	Online / digital apps	Provider dependent	Provider dependent
For further information	Service commissioned locally. Please contact your ICB locality team for more information.	https://www.bertieonline.org.uk/	www.nhs.uk/live-well www.nhs.uk/better-health	Service commissioned locally. Please contact your ICB locality team for more information	www.england.nhs.uk/digital-weight-management	Service commissioned locally. Please contact your ICB locality team for more information	Service commissioned locally. Please contact your ICB locality team for more information