

Appendix 2: Overview of current Tier 1-4 specialist weight management in Kent and

Medway

Kent and Medway ICS Adult Weight Management Services							
Tier 1		Tier 2		Tier 3		Tier 4	
Provider	Which districts have access?	Provider	Which districts have access?	Provider	Which districts have access?	Provider	Which districts have access?
Better Health - NHS (www.nhs.uk) Digital online resources, also available via One You Kent - Kent County Council NHS	All Kent	<ul style="list-style-type: none"> National Diabetes Prevention Programme (Kent and Medway ICB) Lifestyle intervention for people with non – diabetic hyperglycaemia (NDH). Referral via healthcare professional (HCP) Kent & Medway ICB 	Kent & Medway	TBC Website Home (tbchealthcare.co.uk) A fully comprehensive clinically led service that incorporates a dietetic, activity and behaviour change support program that all face and lasts for 12 months The service also provides a patient pathway for preparation and referral to weight loss surgery	All Kent	Maidstone & Tunbridge Wells NHS Trust	All Kent
Exercise - NHS (www.nhs.uk) Free online physical activity resources NHS	All Kent	Kent and Medway Marketing Engagement Xyla Health & Wellbeing (xylahealthandwellbeing.com) <ul style="list-style-type: none"> Low Calorie Diet – 12 weeks total diet replacement for people with type 2 diabetes Kent & Medway ICB 	Kent & Medway			Lewisham & Greenwich NHS Trust	All Kent
The Eatwell Guide - NHS (www.nhs.uk) Online resource on Healthy nutrition NHS	All Kent	NHS England » The NHS Digital Weight Management Programme 12 - Week online support for adults having obesity plus either diabetes, or hypertension, or both, to help manage their weight and improve their health. Referral from GP	Kent & Medway			Imperial College London NHS Trust	All Kent
Everyday Active Active Kent and Medway website providing information on locally available physical activity resources.	Kent & Medway	Healthy weight - Kent County Council <ul style="list-style-type: none"> 12-week multicomponent community weight management service Health professional and self-referrals Kent County Council 	All Kent			Chelsea & Westminster NHS Trust	All Kent
One You Kent - Kent County Council Kent One You Kent Healthy lifestyle for advisers provide brief interventions between 1 and 4	All Kent					Kings College Hospital London NHS Trust	All Kent
						St Georges Hospital NHS Trust & UCLH NHS Trust	All Kent