Resources available whilst patients are waiting.

1. **NHS weight loss plan**

[www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/](http://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/)

1. **NHS England Digital Weight Management Service**  -  referral criteria: Age ≥ 18,  BMI ≥ 30 kg/m2 (or 27.5 kg/m2 if black, Asian or ethnic minority background) with either type 2 diabetes or hypertension or both) and the patient has access to a smart phone. This is separate from the proposed weight management enhanced service and is open to referrals now and does not require practices to have signed up for the ES.

<https://www.england.nhs.uk/digital-weight-management/>

1. **Diabetes Prevention Programme**

[www.preventing-diabetes.co.uk/referrers/somerset/](http://www.preventing-diabetes.co.uk/referrers/somerset/)

1. **NHS Weight management Patient Webinar developed by NHS dietitians in Somerset**

[www.patientwebinars.co.uk/condition/weight-management/](http://www.patientwebinars.co.uk/condition/weight-management/)

1. **The NHS Low Calorie Diet Programme**. This is available to patients registered with a GP practice in Somerset between 18-65 years of age who also have type 2 diabetes. See link below for more information. It is currently being rolled out in stages across Somerset

[www.momentanewcastle.com/patient-lcd-somerset](http://www.momentanewcastle.com/patient-lcd-somerset)

1. **Weight Management pages on Musgrove Park Hospital internet site** – these pages are still being development but contain information for patients and health care professionals

[www.somersetft.nhs.uk/weight-management/](http://www.somersetft.nhs.uk/weight-management/)

1. **Eating disorder service for Adults** – this service is now accepting referral for patients living with obesity and a binge eating disorder (the BEDS-7 tool can be used to screen for binge eating).

[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)