

# MORELIFE WEIGHT MANAGEMENT SERVICES

Informed by our cutting-edge research and 20 years of experience, our weight management service is a psychologically underpinned programme with the aim of supporting patients to achieve moderate and sustainable weight loss. The programme is delivered locally by a team of experienced and highly qualified practitioners.

Our service is available for adults, families and young people who meet the below eligibility criteria. They must be a resident of Bedford Borough, Central Bedfordshire or Milton Keynes, or attend a school in one of these areas.

## WHO IS ELIGIBLE?

Adults, including pregnant women, aged 16 or above with:

- A BMI of  $\geq 30$  kg/m<sup>2</sup>
- A BMI of  $\geq 27.5$  kg/m<sup>2</sup> and 1 or more co-morbidity e.g. Type 2 Diabetes, hypertension, sleep apnoea, dyslipidaemia, cardio vascular disease, osteoarthritis, non-diabetic hyperglycaemia
- A BMI of  $\geq 27.5$  kg/m<sup>2</sup> if from a Black African, African-Caribbean or South Asian population

Children aged 5 to 18 (or up to 25 if SEND) with:

- A BMI above the 91st centile on the growth chart

## EXCLUSION CRITERIA

- Have an eating disorder
- Have an underlying medical cause for obesity and would benefit from more intensive clinical management than a Tier 2 service
- Have an unstable co-morbidity or more complex needs