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Request for Information Reference: 07.22.38

FOI Direct line: 01325 743700
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Email only

25th July 2022

Dear

Freedom of Information Act 2000 – Request for Information

Thank you for submitting a request for information which we received on 15th July 2022 in relation to County Durham and Darlington NHS Foundation Trust (the Trust). Your request has been processed under the provisions of the Freedom of Information Act 2000 and I am now able to provide you with a response.

Your request was in relation to Tier 3 Weight Management Services and I am providing the following information in response to your specific questions:

1. A full copy of referral criteria for this service, including inclusion and exclusion criteria

Referral Criteria for access to Tier 3 for weight management support:

- BMI 40 kg/m² and more,
- BMI of 35kg/m² in the presence of significant co-morbid condition(s) that may improve with significant weight loss or a
- BMI of 30kg/m²–34.9kg/m² who have recent-onset type 2 diabetes and would like to consider bariatric surgery.

Referral Criteria for access to liraglutide:

- BMI > 35kg/m² (or > 32.5 kg/m² in high risk ethnic minority groups)
- Non Diabetic Hyperglycaemia:
 - HbA1c 42mmol/mol to 47mmol/mol or
 - Fasting plasma glucose level of 5.5mmol/litre to 6.9 mmol/litre
- High risk of cardiovascular disease based on risk factors such as hypertension and dyslipidaemia
- BP > 140 systolic
- Total cholesterol > 5.0 mmol/ml

Contraindications:

- Hypersensitivity to liraglutide or any of its listed excipients
- Pregnant or breastfeeding women
- Treated with another GLP-1 medication:
 - Medication - Tradename
 - Liraglutide - Saxenda/Victoza
 - Dulaglutide - Trulicity
 - Lixisenatide - Lyxumia
 - Exenatide - Byetta/Bydureon
 - Semaglutide - Ozempic

Not recommended:

- Elderly 75 years or over
- Treated with other weight loss products
- Severe heart failure (Class IV)
- Severe renal impairment (eGFR < 30ml/min)
- Severe hepatic impairment
- Inflammatory bowel disease or diabetic gastroparesis
- Obesity secondary to:
 - Endocrinological disorders
 - Eating disorders
 - Medications known to cause weight gain

2. How many referrals this service has received in each year since 2017

| | |
|--------------------------|-------|
| April 2017 – March 2018: | 609 |
| April 2018 – March 2019: | 597 |
| April 2019 – March 2020: | 698 |
| April 2020 – March 2021: | 554 |
| April 2021 – March 2022: | 1,268 |

3. How many of the patients referred have been treated with GLP1 agonists, for example liraglutide?

Zero

4. How many of the patients who were a) referred to the service and b) treated with a GLP1 agonist, have a diagnosis of Severe Mental Illness. This information should be available from Hospital Episode Statistics if you do not hold it elsewhere. For the purposes of this study, we define serious mental illness by the ICD 10 codes below:

- **F20-29**
- **F30-31**
- **F32.3**
- **F60-61**

- a) 6
- b) 0

5. How many of the patients who were a) referred to the service and b) treated with a GLP1 agonist, have a diagnosis of Learning Disability? This information should be available from Hospital Episode Statistics if you do not hold it elsewhere. For the purposes of this study, we define serious mental illness by the ICD 10 codes F70-79

- a) 1
- b) 0

In line with the Information Commissioner's directive on the disclosure of information under the Freedom of Information Act 2000 your request will form part of our disclosure log on the Trust's website. However please be assured that we anonymise all responses prior to adding them to the disclosure log.

I hope that this response has provided you with the information you had requested. If you have any queries or wish to discuss the information supplied, please do not hesitate to contact me by telephone or in writing. If however, you are dissatisfied with the way in which your request has been handled and would like an internal review, you will need to contact me in writing at the above address or via cdda-tr.cddftfoi@nhs.

If you remain dissatisfied with our response following an internal review you have the right to appeal to The Information Commissioner at Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF. More information is available on their website; www.ico.gov.uk.

Yours sincerely

Corporate Records and Freedom of Information Facilitator