

## **Health Board Weight Management services**

### **CTMUHB Feedback**

#### **Comments on all plans**

Generally all Health Boards provided plans which described and evidenced the needs for support within their area. There is a need to clearly demonstrate governance and how the pathway will form part of delivery of the Healthy Weight: Healthy Wales strategy.

Most plans would benefit from a simple pathway outline describing the core components and the referral mechanisms into and between services.

Identifying a continued focus across population groups will be required within evolving needs analysis, this includes on the bases of gender, disability, black, minority and ethnic communities. Whilst children and family services across the pathway will need to be developed, it is recognised that this will be an evolving picture within plans and more clarity is likely to be seen into 2022-23.

Foodwise is included in most Health Board plans, this programme does not have an evidence base yet and it would be helpful to consider as a system how more robust evidence could be gathered for this programme.

Few Health Boards have included current plans or future intention to commission commercial providers which does not reflect the current evidence base for weight management interventions. While it is acknowledged they will not meet all needs they are valuable and accessible for a significant element at level 2 and are recommended by NICE as meeting their criteria.

For most Health Boards level 1 is a mix of primary prevention and early intervention/self-help services for those with lower level weight problems. The pathway is about supporting those who need help to attain a healthy weight; the wider strategy is about primary prevention.

Links with NHS services and recovery should be a recognised focus across plans. This includes a focus to increase investment across pathways and recognition about how the pathway can meet a range of outcomes and aims.

#### **CTMUHB Strengths**

- Clear plan to address the pathway it was relatively easy to see the offer at each level.
- Clearly described needs assessment.
- Links made between the socio economic duty and causes of obesity.
- Staff have support through MECC and their own wellbeing goals. Committed to work with partners.
- Positive that there is an established maternity programme and lessons can be shared across other LHBs.

### **CTMUHB Areas for Consideration/ Future Development**

- There is an urgent need to establish Level 3 services for adults.
- There is a need to prioritise action to develop services to underpin Levels 2 and 3, these should include proposals to improve a MSK programme and community offer.
- It is essential that gaps around Level 2 and 3 services for children are addressed.

### **CTMUHB Summary**

The funding proposals meet the needs for the strategic development of the pathway and subject to consideration of the above points, the funding proposals are fully agreed.