



Weight Management Information for General Practice for patients registered with a GP in Huddersfield - October 2025

1. What changes have taken place since the update in July 2025 and what does it mean for practices?

An expansion of the current Calderdale and Huddersfield NHS Trust Specialist Weight Management Service has been agreed. This secondary care service now includes a specialist MDT led pathway from which patients will be offered (where appropriate, based on clinical need and specific eligibility) medical based therapy for weight loss which now includes weight loss injections. These interventions will be delivered alongside specialist wraparound support in accordance with NICE guidance (pharmaceutical, psychological and dietetic support), alongside the already established pathways for access to bariatric surgery.

This service is only open to patients registered with a GP in Calderdale or Huddersfield. The enhanced service will be open to referrals from **Monday 3rd November 2025**.

It should be noted that whilst patients with a BMI>40 can be accepted into the CHFT service, only eligible patients will be able to access Mounjaro for weight loss in line with the West Yorkshire commissioning statement (see below).

2. Who is eligible for Mounjaro?

The **current** eligibility criteria is set out below. This is the only currently eligible cohort until confirmation of opening to further cohorts is confirmed.

A **BMI of 40 or more** (see ethnicity variables below)

PLUS

At least 4 of the following health conditions:

- **type 2 diabetes (on medications with relevant HbA1c diagnosis)**
- **high blood pressure (on anti-hypertensive medications)**
- **heart disease**

- **obstructive sleep apnoea**
- **raised cholesterol levels**

For patients from a South Asian, Chinese, Middle Eastern, Black African or African-Caribbean background, the BMI threshold is 37.5 instead of 40.

We expect the eligibility criteria will change over the coming years based on results from this first phase.

3. Action for GP practices to take

You may now wish to contact patients registered at your practice who meet the current criteria for injectable therapies (above). Our communications in July provided the process for defining your eligible patients. Where appropriate referral can be to the enhanced specialist weight management service at CHFT for Mounjaro.

4. How to refer eligible patients

There is minimal change to the referral process. Any patient with a BMI >40 can be referred to the CHFT Specialist Management Bariatric Team using the updated Ardens template.

From 3rd November 2025, the same referral form should be used to refer any eligible patients who wish to be considered for Mounjaro. This updated template now includes the criteria for Mounjaro.

(It should be noted that upon completion of 12 months injectables therapy (currently the maximum West Yorkshire dosing period) patients will be discharged back to their GP with advice on long-term management. CHFT have committed to work with local general practice representatives to ensure that this process is jointly agreed, effective and promotes good communication and co-ordination of patient care. This is in line with integrated pathway attached as Appendix A).

5. How to support patients who do not meet the criteria

We understand people who want to access Mounjaro will be disappointed if they do not meet the current criteria. However, it is important that they are made aware that **they still can be referred to for other weight management services (see below) including the CHFT weight management service (if their BMI is >40).**

However, it is important that patients are informed that this **referral will NOT lead to accessing Mounjaro.**

Alternatively for patients who have a **BMI below 40** practices can refer patients to a range of service offers through the current GP Weight Management DES;

- Better Living Service- for people with a BMI of 30 or over (27.5 for some ethnic groups). This is a self-referral service [Better Living Service](#)

The following are national support offers:

- [NHS Diabetes Prevention Programme \(NHS DPP\)](#)
- [NHS Type 2 Diabetes Path to Remission Programme](#)
- [NHS Digital Weight Management Programme](#)
- [Lose weight - Better Health - NHS](#)
- [Tips to help you lose weight- NHS website](#)

6. Patient facing communication

To support you manage patient queries about access to Mounjaro, please use the following statement. This can be published on your practice website, as well as used in telephone/ online chat.

Access to Tirzepatide (Mounjaro) October 2025

“Tirzepatide, commonly known as Mounjaro, is a treatment approved by the NHS to help manage obesity and improve related health conditions. It is a weekly injection that mimics hormones in your gut to help you feel full for longer and manage blood sugar levels.

It is currently available to people who have:

A Body Mass Index (BMI) of 40 or more.

And have, at least 4 of the following health conditions:

- type 2 diabetes
- high blood pressure
- heart disease
- obstructive sleep apnoea
- abnormal blood fats

If you are from a South Asian, Chinese, Middle Eastern, Black African or African-Caribbean background, the BMI is 37.5 instead of 40.

If you are eligible for this treatment, we will be contacting you from November 2025 to discuss further. Please note, this is only a small number of patients registered with us.

If you're living with obesity or weight-related health issues, we understand that the journey can be emotional, frustrating, and difficult - especially when services feel out of reach. If you do not meet the current criteria and want to lose weight the Calderdale Better Living Service may be able to help you.

Please visit Calderdale Council website for further information about Better Living Service. [Better Living Service](#)

The NHS website also has advice on making changes to your lifestyle to help you lose weight. [Tips to help you lose weight - NHS](#)

7. Communications support

If you require any other communication support or tools please contact wyicb-cal.comms@nhs.net

(Appendix A) Specialist Weight Management Pathway & Flowchart for Calderdale and Huddersfield.

