

Managing weight and the new weight loss injections

You may have read about new treatments for some people living with overweight and obesity. The news reports are somewhat misleading and the Wegovy drug treatment is **not** currently available in the UK. Decisions must be made about how it will be used in NHS specialist weight management services.

We do not know how long this will take so cannot advise when it will be available.

The new treatments, known as Wegovy and Saxenda, are a possible treatment for managing weight alongside a reduced-calorie diet and increased physical activity in adults. They can be prescribed for a maximum of two years. You must meet all the NHS guidelines before it can be prescribed in an NHS specialist weight management service. It will not be prescribed in primary care by your GP.

Guidelines recommend Wegovy can be prescribed to people who have a body mass index (BMI) of at least 30 and at least one weight-related health condition (high blood pressure, high cholesterol, obstructive sleep apnoea, or cardiovascular disease).

Saxenda can be offered to adults with pre-diabetes (this is when your HbA1c is between 42-47 mmol/mol) with a body mass index (BMI) of at least 35 and have a high risk of cardiovascular disease because of risk factors such as high blood pressure or high cholesterol levels.

The Key Facts

The treatments are not yet available in the specialist weight management service. We do not know when they will be available in NHS specialist weight management services.

Some providers, such as community pharmacies and other private prescribers will be offering Wegovy once it becomes available in the UK.

Prescribing of Wegovy that is started privately cannot be continued by an NHS GP.

Your Options

Discuss available weight management options with your healthcare team.

Please be aware that if Wegovy or Saxenda do become available in NHS specialist weight management services, you will be expected to engage with all parts of the specialist weight management service. You will not just be referred for an injection.

Decide if you want to join the specialist weight management service and advise if you do not want to join the programme.

The service is a free 12 month programme and will help you to look at your weight; thinking not just about what you do, but also why you do it.

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A team of specialist dietitians, physical activity experts and clinical psychologists will work with you to:

- Hear your weight, eating and activity story within the context of your life
- Help you to develop your own plan focusing on areas that are important to you
- Identify what works for you and what might be stopping you from making progress
- Look at the reasons why you eat in more detail, such as emotional eating, habits and work with you to find ways of managing them

These organisations can give you advice and support:

- [Obesity UK](#)
- [All About Obesity](#), admin@allaboutobesity.org
- [British Obesity Society](#), hello@thebos.org

You can also get support from your local [Healthwatch](#).