

Weight Management and Treatment Options

If you are living with being overweight or living with obesity, there are a range of NHS options that may help you manage your weight and improve your health. Support can include:

-  Healthy eating advice
-  Increasing physical activity
-  Behavioural and psychological support
-  For some eligible patients, medication

Weight management works best when any medication is combined with support to make realistic, long-term changes to your diet and lifestyle.

People with certain long-term conditions (for example type 2 diabetes, high blood pressure or heart disease) are a particular focus in national NHS programmes for 2026/27, because losing weight can significantly improve these conditions and reduce future health risks.

Weight-loss injections (e.g. tirzepatide / Mounjaro®)

Some patients may be eligible for tirzepatide (Mounjaro®) for weight management through the NHS. Access is being introduced gradually across England over 12 years.

Eligibility is based on:

- Your **BMI (body mass index)**
- Whether you have certain **weight-related health conditions**

These conditions include:

- Type 2 diabetes
- High blood pressure (hypertension)
- Abnormal blood fats (dyslipidaemia)
- Obstructive sleep apnoea
- Cardiovascular disease (for example previous heart attack or stroke)

How will I know if I'm eligible?

- You **do not need to contact the practice to request an injection** .

- Eligible patients will be **identified from our records** (for example, those on the obesity register or with conditions such as type 2 diabetes or hypertension) and **contacted directly** by our pharmacist team if they may benefit.

Who is currently eligible?

It is only available to people who:

- **Have a body mass index (BMI) of 35 kg/m² or more and**
- **Have at least four of the following long-term conditions:**
 1. Type 2 diabetes
 2. Hypertension (high blood pressure)
 3. Dyslipidaemia (abnormal blood fats/cholesterol)
 4. Established cardiovascular disease (for example, previous heart attack or stroke)
 5. Obstructive sleep apnoea

 For people from **South Asian, Chinese, other Asian, Middle Eastern, Black African or African-Caribbean** ethnic backgrounds, the BMI cut-offs are usually **2.5 points lower**, because health risks occur at a lower BMI.

As national guidance changes and new patient groups become eligible, **we will update this page** to reflect the latest information.

Private weight-loss injections

Private weight-loss injections are available from some pharmacies and private providers .

If you choose to use these services:

- The **private provider** is responsible for:
 - Checking if the treatment is suitable and safe for you 
 - Reviewing your medical history and medicines 
 - Explaining risks, benefits and side effects 

Please **do not contact the GP practice** to check if you can have private weight-loss injections. Any questions about eligibility, safety or monitoring should be directed to the **private provider**, as they are responsible for your care for this treatment.

Xyla support

If you are prescribed injectable weight-loss medication:

- You will also be required to take part in **structured behavioural and dietary support** through **Xyla**.
- This support is an essential part of the treatment and is designed to help you make **sustainable changes** to:
 - Eating habits
 - Physical activity
 - Day-to-day lifestyle

Medication alone is unlikely to lead to long-term success without these changes.

Weight-loss tablets

Our practice is **currently unable to offer the new weight-loss tablet**. It is not currently available on the NHS.

As new treatments become available or eligibility changes, **we will update this website**.

Orlistat

Orlistat is a weight-loss medication that can sometimes be prescribed by the practice for eligible adults.

It is generally considered for people who:

- Have a **BMI of 30 kg/m² or more**, or
- Have a **BMI of 28 kg/m² or more** with associated risk factors or health conditions related to overweight (for example high blood pressure, type 2 diabetes or high cholesterol)

These groups overlap with the NHS obesity register and long-term conditions where weight management can make a real difference to long-term health.

How orlistat works

- Orlistat works by **reducing the amount of fat absorbed** from food in your digestive system.
- It should always be used alongside:
 - A **reduced-calorie, lower-fat diet** , and
 - **Increased physical activity**

Possible side effects

Common side effects can include:

- Oily or fatty stools
- Needing to open your bowels more often
- A sudden urgency to use the toilet

These are more likely if you eat a **high-fat meal** while taking orlistat.

Orlistat is **not suitable for everyone**. If it is prescribed, you will be given advice on:

- How to take it
- How to follow a suitable diet to reduce side effects and support weight loss

How to discuss orlistat with us

If you would like to discuss whether orlistat might be appropriate for you:

- Please **book a routine appointment** with a **GP or Physicians Associate**.
- At the appointment, we will:
 - Check your BMI and medical history
 - Review any existing health conditions and medications
 - Discuss the potential benefits and side effects
 - Talk through lifestyle changes that will need to go alongside any medication

Lifestyle and behavioural support

Whatever treatment you receive, **support with lifestyle change** is a key part of managing overweight and obesity:

-  Healthy eating and portion control

- 🚶 Regular physical activity, tailored to your ability
 - 🧠 Behavioural strategies to help build new habits and stay motivated
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Local weight-management support – self-referral 🗨️

If your BMI is over 30, or your BMI is over 25 and you have:

- Type 2 diabetes
- Hypertension (high blood pressure)
- Established cardiovascular disease (for example, previous heart attack or stroke)

you can also self-refer to the **Healthy You** service for support with weight management and healthy lifestyle changes:

- Website: Healthy You – North Yorkshire healthy living service
- Email: Wellbeing.ScarbAndRyedale@northyorks.gov.uk

A member of the team will discuss your needs and explain what support is available.

We will **keep this page updated** as new information becomes available and as additional patient groups become eligible for different weight-management treatments