

Appendix A**Definitions of tiers of weight management services**

Weight management services are categorised into 4 tiers by the National Institute for Health and Care Excellence:

- Tier 1 services are preventative services for healthy eating (including cooking, growing etc) and physical activity and are delivered population-wide and through environmental change approaches. Commissioning is the responsibility of the local authority.
- Tier 2 services are multi-component lifestyle weight management services focussed on identification, assessment and intervention. Commissioning is the responsibility of the local authority.
- Tier 3 services are multi-disciplinary specialist services targeting patients at high or immediate risk as a result of obesity and obesity-related ill-health. Commissioning is the responsibility of Clinical Commissioning Groups (CCGs).
- Tier 4 services are highly specialist bariatric surgery and medical interventions for obesity. Commissioning is the responsibility of CCGs

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