

Prescribing Tip For Information

Update on treatments for obesity and weight management

The number of patients requesting Saxenda (Liraglutide) for weight management has increased recently due to media attention and private prescribing by high-street pharmacies. **Please be aware of the following guidance for prescribing in Primary Care:**

Liraglutide is recommended⁽¹⁾ as an option for managing overweight and obese individuals alongside a reduced-calorie diet and increased physical activity in adults, **only if:**

- **It is prescribed in secondary care by a specialist multidisciplinary tier 3 weight management service and**
- they have a body mass index (BMI) of at least 35 kg/m² (or at least 32.5 kg/m² for members of minority ethnic groups known to be at equivalent risk of the consequences of obesity at a lower BMI than the white population) **and**
- they have non-diabetic hyperglycaemia (defined as a haemoglobin A1c level of 42 mmol/mol to 47 mmol/mol [6.0% to 6.4%] or a fasting plasma glucose level of 5.5 mmol/litre to 6.9 mmol/litre) **and**
- they have a high risk of cardiovascular disease based on risk factors such as hypertension and dyslipidaemia **and**
- the company provides it according to the commercial arrangement.

Our local tier 3 weight management service is located at Aintree Hospital

NB. Liraglutide (and its associated brands) has two separate RAG ratings on the Lancashire and South Cumbria Medicines Management Group (LSCMMG) site dependant on the indication for the liraglutide:

Liraglutide

Indication

Type 2 diabetes mellitus (NICE NG28)
NICE NG28 - Type 2 diabetes in adults:
management

Green

Brand: Victoza®
Nice TA: NG28

Liraglutide

Indication

[NICE TA664 - For managing overweight and obesity](#)

Red

Brand: Saxenda®
Nice TA: 664

As new weight loss treatments become available, please be aware they may not initially have an LSCMMG RAG rating and in this instance please refer to the NICE guidance for recommendations on prescribing criteria. For example, Semaglutide (Wegovy): [NICE Semaglutide for Managing Overweight and Obesity](#).

To contact the Medicines Optimisation Team please phone 01772 214302

If you have any suggestions for future topics to cover in our prescribing tips please contact Nicola.schaffel@nhs.net

All content accurate and correct on the date of issue of this tip.

References:

1. <https://www.nice.org.uk/guidance/ta664>