

Bariatric surgery

NHS Devon

Commissioning policy

Bariatric surgery is only routinely commissioned in Devon for patients who meet the following criteria:

1. Aged ≥ 18 years

AND

2. Have a Body Mass Index (BMI) $\geq 40^*$ kg/m²

OR

Have a BMI between $35^* \leq \text{BMI} < 40^*$ kg/m² and have a significant health condition that could be improved if they lost weight (please see list below for examples), or a significant health condition where weight loss would enable access to specific treatment

OR

Have a BMI between $30^* \leq \text{BMI} < 35^*$ kg/m² and have type 2 diabetes of less than 10 years duration

AND

3. Agree to necessary long-term follow-up after surgery (for example, lifelong annual reviews)

AND

4. Engage with an NHS commissioned specialist weight management service, for assessment of suitability and readiness for a referral to a specialist bariatric surgery team

Examples of conditions that can improve after bariatric surgery (non-exhaustive):

- cardiovascular disease
- hypertension
- idiopathic intracranial hypertension
- non-alcoholic fatty liver disease
- obstructive sleep apnoea
- type 2 diabetes

* For people of South Asian, Chinese, other Asian, Middle Eastern, Black African or African-Caribbean background, the BMI threshold is reduced by 2.5 kg/m² to account for the fact that these groups are prone to central adiposity and their cardiometabolic risk occurs at lower BMI.

Rationale for the decision

Obesity refers to excess body fat and is associated with an increased risk of many chronic conditions, as well as decreased life expectancy. Bariatric surgery refers to a number of surgical procedures used to promote weight loss. Evidence demonstrates that bariatric surgery is a cost-effective intervention in the patient groups covered by the policy criteria. The criteria in the policy are aligned to the recommendations for bariatric surgery given in National Institute for Health and Care Excellence (NICE) guidance NG246 Overweight and obesity management, published in January 2025.

Guidance notes on exceptionality

Where the circumstances of treatment for an individual patient do not meet the criteria described above exceptional funding can be sought. Individual cases will be reviewed by the appropriate panel of the ICB upon receipt of a completed application from the patient's GP, consultant or clinician. Applications cannot be considered from patients personally.

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