**Letter to patients who have had a positive diagnosis of coeliac disease and get GFF on prescription**

Dear xxxx (patient)

NHS Vale of York Clinical Commissioning Group (CCG) is responsible for commissioning your healthcare.

Commissioning in the NHS involves making decisions about local need, the allocation of resources, the purchasing of services as well as their monitoring and review. The CCG has a duty and responsibility to commission safe and effective services that deliver the best affordable care within the resources available.

As part of its review of the prescribing process in the Vale of York, the CCG has recently analysed the prescribing of gluten free foods for patients diagnosed with coeliac disease.

Prescribing without a biopsy may mean that patients are unnecessarily restricting their diet. It can also lead to unnecessary prescribing spend.

The CCG has reviewed the prescribing of gluten free food in other areas and used this information to shape its decision to limit gluten free prescribing to bread and flour from the 1 September 2014. Other gluten free products will no longer be available on prescription.

Please see the recommended amounts of units prescribed below. (NB: A 400g loaf of bread accounts for 1 unit and 500g bread flour accounts for 2 units).

If you have any queries about this change in prescribing, please contact valeofyork.contactus@nhs.net

Recommended amounts per month:

|  |  |
| --- | --- |
| Age and sex  | Number of units  |
| child 1-3 years | 10 |
| child 4-6 years | 11 |
| child 7-10 years | 13 |
| child 11-14 years | 15 |
| child 15-18 years | 18 |
| male 19-59 years | 18 |
| male 60-74 years | 16 |
| male 75+ years | 14 |
| female 19-74 years | 14 |
| female 75+ years | 12 |
| Higher level of physical activity (any age or sex) | add 4 |
| breastfeeding | add 4 |
| 3rd trimester pregnancy | add 1 |

Yours sincerely

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