



Vale of York
Clinical Commissioning Group

ADDRESS
ADDRESS
ADDRESS
ADDRESS

West Offices
Station Rise
York
Y01 6GA

Tel: 01904 555999
RNID typetalk: prefix-18001

Email: voyccg.patientrelations@nhs.net
Website: www.valeofyorkccg.nhs.uk

January 2019

Dear

Your referral to secondary care for a surgical procedure

We have recently received a referral from your GP practice for a specialist to consider your condition / symptoms, the outcome of which may result in a recommendation for surgery, also known as elective procedure.

NHS Vale of York Clinical Commissioning Group (CCG) is responsible for ensuring that local healthcare services provide the very best value and make the best use of NHS money that is allocated to the Vale of York.

The demand for health services in the Vale of York increases every year and demand for them is currently exceeding the resources that the CCG has. Pressures on the local system are multi-faceted. Obesity costs the local NHS approx. £46 million each year and smoking costs local health and care services approx. £7.2 million every year.

One of the CCG's strategic priorities is to focus on prevention and better health. The CCG's Governing Body has approved a Prevention and Better Health Strategy that focuses on tackling obesity and smoking, the two main lifestyle behaviours which are known to impact health.

The strategy also includes working on maximising the uptake of national cancer screening and immunisation programmes as well as raising awareness of the levels of alcohol consumption, high blood pressure and illnesses through which early identification can prevent harm later in life. It aims to enable, encourage and support people to make healthy lifestyle choices and allow people to become active partners in the CCG's ambition for the Vale of York to achieve better health outcomes.

The CCG wants to encourage people who are obese to lose weight and people who smoke to stop smoking. The new local policy to support these important initiatives requires patients referred for a surgical opinion or surgical procedure to meet the following criteria:

- have a Body Mass Index (BMI) less than 30 (a BMI of 30 is the clinical definition of obesity and is calculated by dividing weight in kilograms by height in metres squared). An online calculator is available on the CCG's website;
- must be a non-smoker.

Therefore, based upon the information from your GP practice and the above criteria, your referral cannot proceed at the moment. If your body mass index is more than 30 you will have to:

- lose 10% of your weight or
- reduce your BMI to under 30 or
- wait 12 months from the date your GP recorded advice to you to lose weight.

Also, if you are a smoker you are required to:

- stop smoking for at least 8 weeks or
- wait six months from the day you were referred by your GP.

Information to help you achieve the required criteria is enclosed and more sources of help and support are published at www.valeofyorkccg.nhs.uk/healthyliving.

Losing weight and stopping smoking will mean that patients will present less risk at the time of surgery, they will recover faster and it will help them to stay healthier in the long term.

Please note that if you believe your personal circumstances mean that your potential surgery / procedure should not be delayed, your doctor can make an application for the CCG's Independent Funding Review Panel to consider.

Yours sincerely

Dr Shaun O'Connell
GP Lead for Acute Service Transformation