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Normalisation and equity of referral to the NHS Low Calorie Diet programme pilot; a qualitative evaluation of the experiences of health care staff

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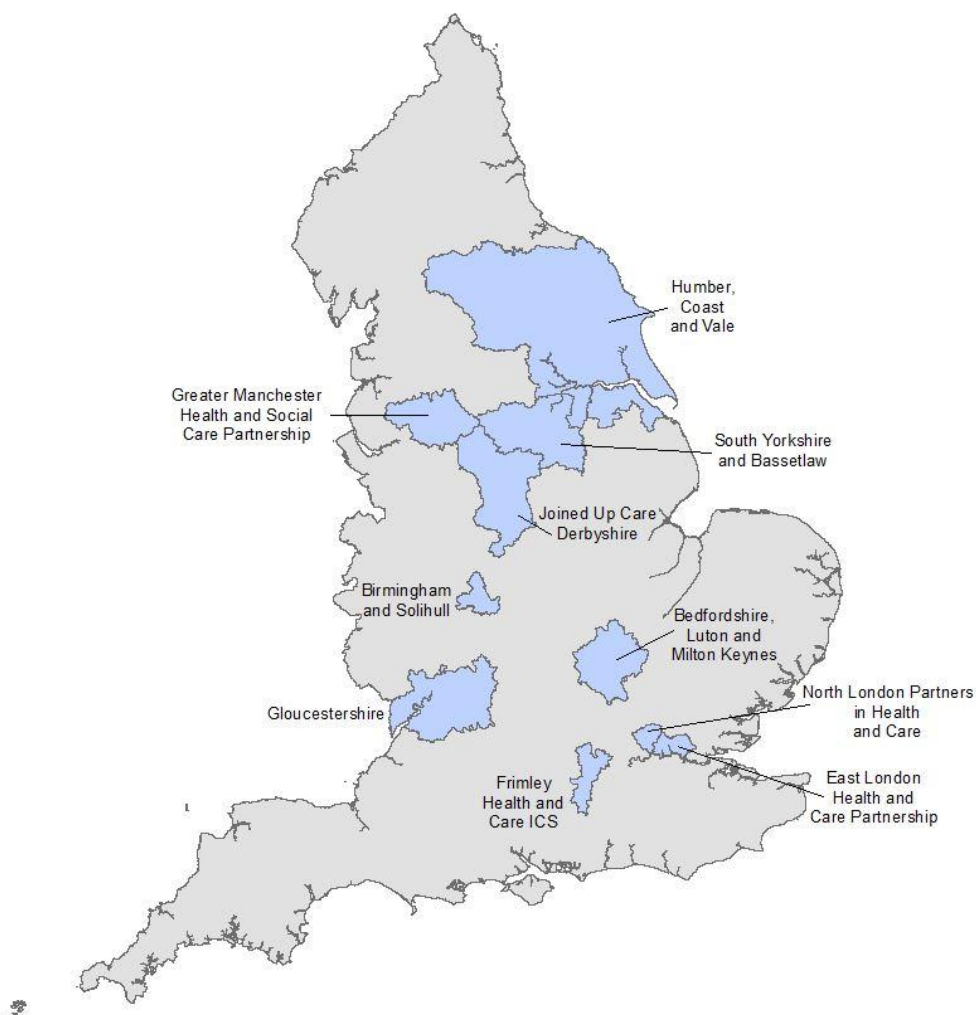
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Additional File 1

Overview of the first 10 localities commissioned by NHS E

Table S1. Localities and delivery models of first 10 pilot sites

Localities	Delivery Model
Bedfordshire, Luton and Milton Keynes	Digital
Birmingham and Solihull	Group
Derbyshire	Group
Frimley	1:1
Gloucestershire	Digital
Greater Manchester	Group
Humber Coast and Vale	Digital
North Central London	Digital
North East London	Group
South Yorkshire, and Bassetlaw	1:1

Geographical locations of the ten pilot sites; updated to April 2021 Integrated Care System

configurations: taken from the Strategic Health Asset Planning Evaluation tool (SHAPE)

Additional File 1

Ethnicity

This section provides an overview of ethnicity across the ten pilot sites. Figures in the table below

are presented as percentages (1).

Table S2. Ethnicity at pilot site level

Pilot sites	Asian / Asian British	Black / African/ Caribbean / Black British	Mixed / Multiple ethnic group	White	Other ethnic group
South Yorkshire and Bassetlaw	4.49	1.8	1.5	91.15	1.06
Frimley	13.41	2.77	2.27	80.55	1.01
Greater Manchester HSCP	10.03	2.73	2.25	83.97	1.01
Joined Up Care Derbyshire	4.02	1.01	1.41	93.12	0.43
Birmingham & Solihull	20.07	5.95	3.95	68.37	1.66
East London Health and Care Partnership	26.87	14.31	4.42	51.47	2.92
Humber Coast and Vale	1.76	0.49	0.92	96.49	0.34
Gloucestershire	2.08	0.86	1.45	95.42	0.18
Bedfordshire, Luton, Milton Keynes	12.44	5.39	3.08	78.34	0.75
North London Partners in Health and Care	13.29	12.83	5.67	63.7	4.51

Deprivation

This section provides an overview of deprivation across the ten pilot sites, with data provided at a pilot

site and CCG level. Table 3 indicates if the 'Index of Multiple Deprivation' (IMD) score for each pilot

site, based on 2019 figures, is higher or lower than the average for England (21.67) (2).

Table S3. Pilot Site IMD Score and its relation to the national average

Pilot Sites	Higher/Lower than the National Average
South Yorkshire and Bassetlaw	28.38 ⬆
Frimley Health and Care	12.32 ⬇
Greater Manchester HSCP	29.86 ⬆
Joined Up Care Derbyshire	20.44 ⬇
Birmingham and Solihull	33.59 ⬆
East London Health and Care Partnership	25.84 ⬆
Humber Coast and Vale	20.91 ⬇
Gloucestershire	14.93 ⬇
Bedfordshire, Luton and Milton Keynes	18.20 ⬇
North London Partners in Health and Care	22.98 ⬆

Table 4 provides an average IMD for each CCG across the 10 pilot sites. The 'IMD average score' is a

population weighted average for LSOAs. The higher the average the greater the level of average

deprivation (2).

Table S4. IMD summary at a CCG level

Pilot sites	CCGs (2021)	IMD Average Score (2019)
South Yorkshire and Bassetlaw	NHS Barnsley	29.93
	NHS Bassetlaw	22.59
	NHS Doncaster	30.29
	NHS Rotherham	29.55
	NHS Sheffield	27.06
Frimley Health and Care	NHS Frimley	12.32
Greater Manchester	NHS Bolton	30.69
	NHS Bury	23.68

Pilot sites	CCGs (2021)	IMD Average Score (2019)
	NHS Heywood, Middleton, Rochdale	29.40
	NHS Manchester	40.00
	NHS Oldham	33.15
	NHS Salford	34.21
	NHS Stockport	20.83
	NHS Tameside and Glossop	39.54
	NHS Trafford	16.09
	NHS Wigan Borough	25.71
Joined Up Care Derbyshire	NHS Derby and Derbyshire	20.44
Birmingham and Solihull	NHS Birmingham and Solihull	33.59
East London Health and Care Partnership	NHS North East London	25.84
Humber Coast and Vale	NHS East Riding of Yorkshire	16.08
	NHS Hull	40.56
	NHS North East Lincolnshire	31.34
	NHS North Lincolnshire	22.13
	NHS North Yorkshire	15.63
	NHS Vale of York	11.90
Gloucestershire	NHS Gloucestershire	14.93
Bedfordshire, Luton, Milton Keynes	NHS Bedfordshire, Luton and Milton Keynes	18.20
North London Partners in Health and Care	NHS North Central London	22.98

Urbanity and Rurality

This section provides an summary of the classifications on urbanity and rurality across the ten pilot sites (see Table 5) (3). The rural/urban classification, is classified based on the categorisation of lower super output areas (LSOAs). LSOAs are geographical areas generated to have similar population sizes. They have a minimum population of 1000 and a mean of 1500, covering approximately 650 households.

Table S5. Rural/Urban Classification for the ten pilot sites

Pilot Sites	Rural Classification for the ten Pilot sites
South Yorkshire and Bassetlaw	Predominantly a mix of rural village and dispersed and urban minor conurbation
Frimley Health and Care	Predominantly urban city and town in a sparse setting
Greater Manchester HSCP	Predominantly urban major conurbation
Joined Up Care Derbyshire	Predominantly rural village and dispersed and urban city and town in a sparse setting
Birmingham and Solihull	Predominantly urban major conurbation
East London Health and Care Partnership	Predominantly urban major conurbation
Humber Coast and Vale	Predominantly rural village and dispersed and rural village and dispersed in a sparse setting, with some urban city and town in a sparse setting
Gloucestershire	Predominantly rural village and dispersed and urban city and town in a sparse setting
Bedfordshire, Luton and Milton Keynes	Predominantly rural village and dispersed and urban city and town in a sparse setting
North London Partners in Health and Care	Predominantly urban major conurbation

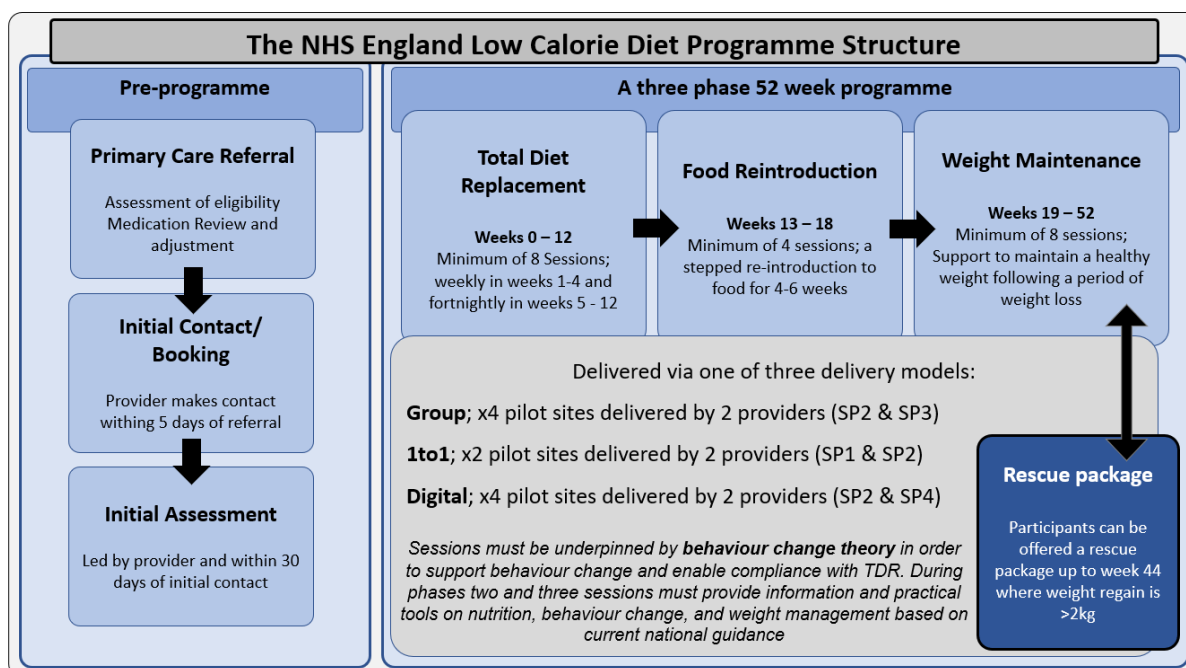**The NHS Low Calorie Diet Programme Delivery Structure**

Figure S1. The NHS Low Calorie Diet Programme Delivery Structure

The four providers used different TDR product brands with large difference in range of products and flavours available. One provider provided 6 different options (soups and shakes) while a second provided 89 different options (soups, shakes, smoothies, bars, breakfasts, and pre-prepared meals). The other two providers provided 15 (soups, shakes, smoothies, and porridge) and 7 (soups, shakes and bars) options respectively.

Table S6. Job and referral status of referrers

Participant Identification	Referral status	Job
R1	Low	GP
R2	High	Advanced Nurse Practitioner
R3	Low	Practice Nurse
R4	High	GP
R5	High	Practice Nurse
R6	High	Practice Nurse
R7	High	Practice Nurse
R8	Low	Practice Nurse
R9	High	GP
R10	High	Pharmacist
R11	High	Practice Nurse
R12	Low	Practice Nurse

R13	Low	GP
R14	Low	Pharmacist
R15	Low	Practice Nurse
R16	High	GP
R17	High	GP
R18	Low	Practice Nurse
R19	Low	Practice Nurse
R20		

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