**Why Can’t I Get Weight Loss Injections on the NHS (Yet)?**

**Summary**

Weight loss injections like **Mounjaro** (a GLP-1 medication) are not yet widely available on the NHS. Although NICE approved them in December 2024 for certain people, local NHS services across England including in NHS Northamptonshire, are still developing plans for rollout. We expect an update by **mid-summer 2025**. Even then, NHS access will be based on clinical need and risk, like during the COVID vaccine rollout, with certain cohorts getting preference.

Until then:

* Private options are available, but we **cannot prescribe or support private medication use** within the surgery.
* Staying active and eating well remains essential—especially if using weight loss medications.

**Details**

We understand the increasing interest in weight loss injections such as **GLP-1 medications** (e.g., *Mounjaro*), especially given the rise in private providers offering them. However, access through the **NHS is not yet in place**, and here’s why:

**1. National Rollout Still in Development**

In December 2024, **NICE** recommended that GLP-1 medications should be made available on the NHS for people with significant health risks related to their weight. However:

* Local NHS areas must first design and implement a rollout plan.
* This is expected to take time—spreading the rollout over **10 years**.
* If offered to everyone eligible, it’s estimated it would take up to **20% of all GP appointments**, which would be unsustainable alongside existing NHS pressures.

We expect **local plans to be announced around summer 2025**, prioritising those with **the highest medical risk** first.

**2. Private Options**

While some people are choosing to **access GLP-1 medications privately**, please note:

* We do **not prescribe** or manage **private weight loss treatments**.
* NHS GPs are not allowed to offer these medications privately to registered patients.
* Reputable providers will often contact us for your medical background, which we support where appropriate.
* Be cautious of **unregulated online sellers** who may provide counterfeit or unsafe products.

**3. Staying Healthy on Treatment**

Whether or not you're on weight loss medication:

* GLP-1 drugs reduce **both fat and muscle**, so **exercise is essential**—especially **cardio, strength, and balance**.
* You should follow a **nutrient-rich, balanced diet** to avoid **malnutrition** and help reduce side effects.
* Processed Wootton Medical Centre, we’ve applied to become a **lifestyle medicine and research site**, and we hope to offer **future opportunities** for patients to take part in **weight management studies**.

We know many of you are motivated to take charge of your health, and we’re here to help however we can. You’re welcome to book a consultation to discuss this further.

Yours faithfully

Wootton Medical Centre