

Reference:	FOI.11799.23
Subject:	Weight Management Clinic
Date of Request:	28 May 2023

Requested:

Could you tell me all of the services you offer, preferably in list form, to treat obesity and binge eating in adults. Please include services which you do not provide directly but which you refer elsewhere.

Response:

Hywel Dda University Health Board (UHB) confirms that its Weight Management Service (WMS) provides a variety of interventions to support people living with obesity and binge eating disorders, which include:

- Guided self-help for binge eating – lower levels of binge eating delivered by weight management dietitians, with clinical supervision from clinical psychology (steps 1-3)
- Guided self-help for binge eating (all steps) delivered by clinical psychology within the weight management service
- Cognitive behavioural therapy (CBT) for binge eating delivered by clinical psychology within the weight management service
- Currently developing a psychology-led group for binge eating (clinical psychology WMS)

Additionally, the UHB's WMS signposts to:

- Beat (eating disorders organisation)
- 'Overcoming Binge Eating' book by Christopher Fairburn (as per NICE guidance)
- Local Primary Mental Health Service (LPMHSS) for those with BMI lower than 35 with binge eating

Other interventions provided for people living with obesity, who do not have a binge eating disorder include:

- Dietetic led one to one programme
- Psychology led one to one programme
- Occupational Therapy support
- Physiotherapy intervention being developed
- Food for Thought Dietetic Led group programme
- Mind Over Food Psychology Led group programme
- Occupational Therapy Led fatigue management programme
- Specialist multidisciplinary weight management clinic

Furthermore, a Freedom of Information response has recently been answered, FOI.10981.23 - Weight Management, that may be of interest to you. This information is already within the public domain and the UHB has applied an exemption under Section 21 of the Freedom of Information Act 2000 (FoIA), as the information is accessible by another means.

For ease of reference, please click on the attached link, which will take you directly to the UHB's disclosure log webpage:

