

<b>Reference:</b>	FOI.13748.24
<b>Subject:</b>	Weight Management referral form
<b>Date of Request:</b>	6 February 2024

**Requested:**

I would like to request the following:

A copy of any referral form used to refer patients to weight management programmes.

If it is not possible to provide the full form, please provide the exact wording of any exclusion criteria i.e. any criteria/questions that would exclude someone from being referred to the programme, such as BMI, age or eating disorders.

**Response:**

Hywel Dda University Health Board (UHB) confirms that from August 2023, its Weight Management Service (WMS) only accepts 'self-referrals' and not referrals from Health Care Practitioners. As this information is already within the public domain, 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. The WMS self-referral form is available on the UHB's website:

For ease of reference, please click on the link provided overleaf, which will take you directly to the WMS webpage:

[Weight management service - Hywel Dda University Health Board \(nhs.wales\)](https://www.nhs.uk/weightmanagement/weightmanagement-service/)

Additionally, should the WMS signpost individuals to the Specialist Multidisciplinary WM Clinic, an 'in-service' referral form is used, which can only be used by professionals within the WM Team. A copy of the Specialist WMS referral form has been provided at Attachment 1.

Furthermore, if an individual has a BMI between 25 and 29.9kg/m<sup>2</sup>, they are signposted to the Foodwise for Life programme via the Education Programme for Patients (EPP)/Be Well service. A copy of the Foodwise EPP referral form has been provided at Attachment 2.