

Freedom of Information Request: Our Reference CTMUHB_227_23

You asked:

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.

Our response:

Binge Eating

Adults who are referred with a diagnosis of binge eating disorder are seen in the Tier 2 Mental Health service. This service is currently closed to new referrals but is due to open in August 2023. It is expected that people will be offered Enhanced Cognitive Behavioural Therapy (CBT-E) and Interpersonal psychotherapy (IPT) for treatment of binge eating disorder.

Weight Management (Obesity)

Adults who are referred for obesity are seen in the Adult Weight Management Service. Referrals are triaged according to the level of treatment that the service user requires, aligned to the All Wales Weight Management Pathway (2021). The Adult Weight Management service at CTMUHB is a new service and is reviewing pathways and the services offered in order to optimise attendance and user experience.

Level 2 services currently offered are:

- Foundation Skills (2 session psychologically informed behaviour change course)

and/or

- Joint Care Programme (JCP) (12 week nutrition and physical activity course)

Or

- FoodWise for Life (FfL) and referral if appropriate to National Exercise on Referral Scheme (NERS)

Or

- Dietetic 1:1 appointments.

Level 3 services currently offered are:

- Initial Assessment -each service user attends a 1 hour initial assessment for the purposes of collecting information to present to the multidisciplinary team to enable formulation of a management plan which will be tailored to the individual service user needs.

- 1:1 appointments as appropriate with dietitian, physician, physiotherapist or psychologist

and/or
- Group interventions delivered by dietitian or psychologist

Level 4: Metabolic surgery.

Tier 4 weight management services (bariatric surgery) is commissioned on an All Wales basis by the [Welsh Health Specialised Services Committee](#) (WHSSC). The Welsh Institute of Metabolic and Obesity Surgery provides this service in Swansea.