

Freedom of Information Request: Our Reference CTMUHB_102_24

Thank you for your request for information received on the 7 February 2024, regarding Binge Eating Disorder Service. Please find the response from Cwm Taf Morgannwg University Health Board set out below:

You asked:

Under the Freedom of Information Act, I would like to request the following information:

1. Is the Health Board commissioned to provide a service for patients **assessed as meeting diagnostic criteria for Binge Eating Disorder (BED)**?
 - For under 18s
 - For 18+ year olds
2. Does the Health Board provide any kind of treatment for patients **assessed as meeting diagnostic criteria for Binge Eating Disorder (BED)** or signpost them to services provided by other organisations?
 - For under 18s
 - For 18+ year olds
3. If applicable, please outline the services that the Health Board provides for patients **assessed as meeting diagnostic criteria for Binge Eating Disorder (BED)**, including:
 - a) the **types of treatment** that the Health Board provides **specifically for Binge Eating Disorder (BED)** (e.g. binge eating disorder-focused guided self-help, group eating disorder-focused CBT [group CBT-ED], individual eating disorder-focused CBT [individual CBT-ED]) and,
 - b) **how these are provided** (i.e. by eating disorder service/s, Improving Access to Psychological Therapies (IAPT) service/s, other primary care-based mental health services, Weight management services or otherwise).

In the case of self-help, please specify whether this is guided or unguided.
4. If applicable, please describe any **service restrictions/eligibility criteria** around accessing treatment **specifically for Binge Eating Disorder (BED)** (e.g. age, weight/BMI, comorbidity, severity etc). *If the Health Board provides more than one relevant service, please list answers separately against each.*

Our response:

Under section 21 of the Act, Cwm Taf Morgannwg University Health Board is not required to provide information in response to a request if it is already reasonably accessible to you. We have answered a previous request in relation to the

information you require, and this response is published via our [Disclosure Log](#) on the [Cwm Taf University Morgannwg Health Board](#) web site.

For ease of access, we have attached a link directly to the information below:

- [CTMUHB 422 23](#)