



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board

Adult Weight Management Service

Hywel Dda University Health Board

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Weight Management Service Pathway

- Self-referral/ referrals from others received
- Telephone assessment appointment



- Level 2 or 3 of Service Pathway
- Level 2
 - Foodwise for Life Weight Management Group
 - Programme of 1 to 1 appointments



hyderus o
ran anabledd
CYFLOGWR

disability
confident
EMPLOYER

Calon
Iechyd Llŷol
The Heart of
Local Health
1000
o FYWYDAU



Level 3 of WMS pathway

- Biopsychosocial assessment → MDT discussion



- ‘Food for Thought’ Dietetic led group programme
- ‘Mind Over Food’ Psychology led group programme
- Guided Self-help for binge eating
- CBT-E for binge eating disorder
- 1-1 Dietetic support
- 1-1 Psychology support
- Specialist MDT Weight Management Clinic – medical support included (e.g. bariatric surgery referrals via team/ Saxenda)
- Occupational Therapy and Physiotherapy programmes to be developed