

<b>Reference:</b>	FOI.4117.20
<b>Subject:</b>	Availability of treatment for Binge Eating Disorder
<b>Date of Request:</b>	29 September 2020

**Requested:**

1. Does the Health Board provide treatment for patients assessed as meeting diagnostic criteria for Binge Eating Disorder (BED)?

- For under 18s
- For 18+ year olds

If “no” to both in question 1, please skip to question 7.

If “yes” to either in question 1, please continue.

2. Which of the Health Board’s services provide treatment specifically for Binge Eating Disorder (BED) (i.e. Weight Management Service, Primary Mental Health Support Service, Child and Adolescent Mental Health Service, Community Mental Health Team, Tier 2 or Tier 3 Eating Disorder service or otherwise)?

Please specify the names of all applicable services and their catchment areas.

- For under 18s
- For 18+ year olds

**Service restrictions/eligibility criteria**

3. 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.

- For under 18s
- For 18+ year olds

**Types of treatment provided**

4. Please state the types of treatment provided by the Health Board 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]). In the case of self-help, please clearly state whether this is guided or unguided. If the Health Board provides more than one relevant service, please list answers separately against each.

- For Under 18s
- For 18+ year olds

5a. In 2019/2020 (the tax year) how many people on the caseload of the services specified in answer to Question 2 had been assessed as currently meeting diagnostic criteria for Binge Eating Disorder (BED)?

- For Under 18s
- For 18+ year olds

5b. How many of those in Question 5a have participated in a binge eating disorder-focused guided self-help programme as first-line psychological treatment?

- For Under 18s
- For 18+ year olds

### Funding

6a. In 2019/2020 (the tax year) how much funding was allocated to the treatment provided by the Health Board for eating disorders (any eating disorder diagnosis)?

- For Under 18s
- For 18+ year olds

6b. In 2019/2020 (the tax year) how much funding was allocated to the treatment provided by the Health Board specifically for Binge Eating Disorder (BED)?

- For Under 18s
- For 18+ year olds

### Eating Disorder Service Review 2018

7. Please outline any specific plans the Health Board has made (including timelines), regarding implementation of recommendation 12 of the Welsh Eating Disorder Service Review 2018, following the letter sent to Health Boards on 25 September 2019 by the Minister for Health and Social Services.

### Weight Management Services

8. Does the Health Board provide a Weight Management Service? If so, please state the name of the service and its catchment area.

If “no” to question 8, there are no more questions. Thank you for your time.

If “yes” to question 8, please continue.

9. Does the Health Board’s Weight Management Service routinely screen patients for Binge Eating Disorder (BED)?

10. Does the Health Board’s Weight Management Service have dedicated Clinical Psychology input?

11. Is there a formal referral pathway/s in place between the Health Board’s Weight Management Service and (if applicable) eating disorder service/s? If so, please state the names and catchment areas of the services that have such a relationship.

**Response:**

1. Hywel Dda University Health Board (UHB) confirms that treatment is provided as part of the UHB's Level 3 Weight Management Service (WMS), for patients aged 18 and over, that are assessed as meeting the diagnostic criteria for a Binge Eating Disorder (BED).
2. The UHB confirms that the WMS provides Level 3 treatment specifically for BED, for patients aged 18 and over, across the UHB locality.
3. The UHB confirms that to meet the Level 3 Specialist Adult WMS criteria, the individual has to have a Body Mass Index (BMI) equal to or more than 30 with comorbidities (physical or psychological) and has been unable to achieve weight loss at a lower level of intervention.
4. The UHB confirms that as part of the Level 3 Specialist WMS, 4 to 9 sessions of a guided self-help programme for BED are provided. If the guided self-help sessions have not been sufficient, an additional 16 to 20 sessions of Cognitive Behavioural Therapy (CBT) is provided. Other therapeutic modalities are often used in conjunction with these sessions due to psychological comorbidities (i.e. anxiety; depression; low self-esteem) and psychological barriers that prevent them from overcoming binge eating with a CBT approach e.g. Compassion-Focused Therapy, Acceptance and Commitment Therapy and Schema-therapy informed work.
- 5a. The UHB confirms that nineteen (19) adults, aged 18 and over, met the diagnostic criteria for BED during the financial year 2019/20 as requested.
- 5b. The UHB confirms that fifteen (15) adults, aged 18 and over, undertook the guided self-help programme during the financial year 2019/20. Four (4) of the nineteen (19) patients detailed in answer 5a are still awaiting treatment, as the service was temporarily suspended due to the COVID-19 pandemic and is yet to resume. However, they did receive self-help information and will be invited to attend the programme as soon as permitted in accordance with Welsh Government guidance  
  
The Dietetics service is currently running at reduced capacity and funding plans are being put in place with Welsh Government (WG) to strengthen the service and increase capacity.
6. The UHB confirms that there was no specific budget for Eating Disorders (ED) or BED for the financial year 2019/20, as requested. However, the WMS ensures that the budget needs are met for all those identified as requiring treatment for an ED or BED.
7. The UHB confirms that the implementation of Recommendation 12 of the Welsh Eating Disorder Service Review 2018, is a long term aim for the UHB. There are currently no specific plans or timeframes in place, however short, medium and long term timeframes and plans have been discussed.
8. The UHB confirms that it does have a WMS, which is hosted within the UHB's Nutrition and Dietetics Service. The services aim to support lower levels of the All Wales Clinical Obesity pathway but mainly delivers at Level 3 / Level 3 Specialist Multidisciplinary teams (MDT) across the UHB locality.

9. The UHB confirms that all adults referred to the WMS are assessed by a Dietician who screens for BED.
10. The UHB confirms its WMS does have dedicated Clinical Psychology input.
11. The UHB confirms there is currently no referral pathway in place between the WMS and ED services. However, the UHB does recognise that there is a gap in provision.