

Reference:	FOI.13751.24
Subject:	Binge Eating Disorder (BED) services
Date of Request:	7 February 2024

Requested:

1. Is the Trust commissioned to provide a service for patients assessed as meeting diagnostic criteria for Binge Eating Disorder (BED)?
 - a. For under 18s
 - b. For 18+ year olds

2. Does the Trust 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?
 - a. For under 18s
 - b. For 18+ year olds

3. If applicable, please outline the services that the Trust provides for patients assessed as meeting diagnostic criteria for Binge Eating Disorder (BED), including:
 - a. the types of treatment that the Trust 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 Trust provides more than one relevant service, please list answers separately against each.*

Response:

Hywel Dda University Health Board (UHB) has applied a Section 21 exemption of the Freedom of Information Act 2000 (FoIA), as this information is accessible by another means. The UHB has answered a similar Freedom of Information request, FOI.12717.23 - Binge Eating Disorder (BED), which is already within the public domain and is available on our disclosure log.

For ease of reference, please click on the attached link, which will take you directly to the UHB's disclosure log webpage:

[Disclosure Log - Hywel Dda University Health Board \(nhs.wales\)](https://www.nhs.uk/disclosure-log)