

Reference:	FOI.20211.26
Subject:	Weight management wait times for adults
Date of Request:	15 April 2026

Requested:

Follow up to FOI.18960.25:

Would you please also be able to provide stats on how long the wait times are for people seeking weight loss jabs on the NHS across Hywel Dda please?

Response:

Hywel Dda University Health Board (UHB) confirms that the current waiting time is three (3) years from self-referral to assessment for the adult Level 3 Weight Management Service (WMS). This enables people to access multiprofessional behavioural and lifestyle interventions prior to accessing a medication pathway. Once the behavioural interventions have been completed, the waiting time is approximately two (2) years to access the specialist weight management clinic for assessment for medication.

However, for individuals who meet the Level 3 WMS expedite criteria, detailed below, the wait to access assessment and behavioural and lifestyle interventions is two (2) to three (3) months, followed by a further two (2) to three (3) month wait to access the specialist clinic for assessment for medication.

The Level 3 WMS expedite criteria is as follows:

- Patients with symptomatic idiopathic intracranial hypertension
- Patients needing organ transplant or who are donating an organ
- Patients over 30 years old with fertility issues and have been recommended weight loss to support fertility treatments
- Patients awaiting cardiac surgery or transplant