

Freedom of Information Act 2000 - Request Reference FoI/20/355
Treatment for Binge Eating Disorders

Request details

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

a) For under 18s

Cardiff and Vale University Health Board (the UHB) do not offer this service for under 18's

b) For 18+ year olds

Yes

If "no" to both a) and b) in question 1, please skip to question 7.

If "yes" to either a) or b) 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.**

a) For under 18s

Not applicable, please refer to question 1.

b) For 18+ year olds

Tier 2 Eating disorder services and PMHSS

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.**

a) For under 18s

Not applicable

b) For 18+ year olds

Tier 2 Client has to have criteria for BED plus some mental health co-morbidity and/or history of complex mental health difficulties. PMHSS client has criteria for BED without severe mental health co-morbidity

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.**

a) For Under 18s

Not applicable

b) For 18+ year olds

Tier 2 offers BED focused GSH and/or CBT-E. PMHSS offers BED focused GSH.

- 5) a) 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)?**

i) For Under 18s

Not applicable

ii) For 18+ year olds

In completing a search for the information requested, Cardiff and Vale University Health Board (the UHB) has confirmed that this information is not centrally recorded or collated. To retrieve the information requested would require a manual search through individual records and the UHB considers that this would exceed the limit set within regulations for responding to a request. The UHB has therefore relied upon the Section 12 exemption ('Exemption where cost of compliance exceeds appropriate limit') of the Freedom of Information Act 2000 and is refusing your request.

The UHB has estimated that to complete the work needed to respond to this request would exceed the time limit as set within regulations to respond to a Freedom of Information Act request. Under the Act there is an allowance of two and a half days, or 18 hours, to comply with a request and the cost limit set within the fees regulations for this amount of work (18 hours) is £450 for the UHB. The fees regulations specify that the cost of complying with a request must be calculated at the rate of £25 per hour.

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

i) For Under 18s

Not Applicable

ii) For 18+ year olds

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Funding

6) a) 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)?

i) For Under 18s

Not Applicable

ii) For 18+ year olds

The current spending on Adult Eating Disorders Services is estimated at £513,775. This is staff costs only and does not include costs such as expenses, travel, accommodation etc. To demonstrate how it is an estimate: one of the services serves Cwm Taf as well as Cardiff and Vale. In addition, currently our services are provided from different departments like Dietetics, General Adult Mental Health, Psychology and Psychological Therapies so the figures are not easily accessible.

b) 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)?

i) For Under 18s

Not Applicable

ii) For 18+ year olds

In completing a search for the information requested, Cardiff and Vale University Health Board (the UHB) has confirmed that this information is not centrally recorded or collated. To retrieve the information requested would require a manual search through individual records and the UHB considers that this would exceed the limit set within regulations for responding to a request. The UHB has therefore relied upon the Section 12 exemption ('Exemption where cost of compliance exceeds appropriate limit') of the Freedom of Information Act 2000 and is refusing your request.

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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.

A bid was submitted which included the funding of a 0.5 wte Band 7 post to work between the weight management service and the ED service to focus on care pathways for clients with BED.

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.

YES, the weight management service for the UHB.

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)?

Yes.

10) Does the Health Board's Weight Management Service have dedicated Clinical Psychology input?

Yes on a part time basis.

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.

There is no direct referral route between the ED services and the Weight management services in Cardiff and Vale University Health Board (the UHB). All referrals to tier 2 ED services come via PMHSS and the CMHT's, including these from the Weight management service.