

Our ref: IG/FOI/24.R.074

29 February 2024

Sent via email to: [REDACTED]

Dear [REDACTED]

Request under the Freedom of Information Act 2000

I write further to your request for information, which was received on 7 February 2024, to confirm, in accordance with S.1(1)(a) of the Freedom of Information Act 2000, that Powys Teaching Health Board (PTHB) does hold the information that you require.

For ease of reference your request is set out below and our response follows:

Your Freedom of Information (FOI) Request:

Under the Freedom of Information Act, I would like to request the following information:

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.

Powys Response:

Q1. I can confirm that Powys Teaching Health Board (PTHB) is commissioned to provide a service for patients assessed as meeting diagnostic criteria for Binge Eating Disorder (BED). The all age Eating Disorder Specialist Service (EDSS) provides a service for those who meet the diagnostic criteria.

Q2. I can confirm the EDSS offers evidence-based intervention as per National Institute for Health and Care Excellence (NICE) Eating Disorders Guideline, 2017.

Q3a. BED treatment is offered by PTHB through delivery of 4-6 sessions of one-to-one guided self-help.

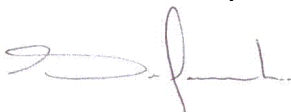
Q3b. The guided self-help for BED is offered either face to face or virtual.

Q4. PTHB EDSS has not experienced any restrictions for patients accessing treatment if the service user meets the BED criteria. Agile working arrangements and follow up calls have helped accessibility.

Under the terms of the Health Board's Freedom of Information procedure, individuals seeking access to recorded information held by the Health Board are entitled to request an internal review of the handling of their requests. If you would like to complain about the Health Board's handling of your request, please contact us directly at the address below or register your complaint via powysfoi.foi@wales.nhs.uk

If after Internal Review you remain dissatisfied you are also entitled to refer the matter to the information commissioner at the Information Commissioner's Office (Wales), 2nd Floor, Churchill House, Churchill Way, Cardiff, CF10 2HH. Telephone Number: 0330 414 6421.

Yours sincerely



David Farnsworth

Interim Executive Director of Operations / Director of Community and Mental Health

Rydym yn croesawu derbyn gohebiaeth yng Nghymraeg. Byddwn yn ateb y fath ohebiaeth yng Nghymraeg ac ni fydd hyn yn arwain at oedi.

We welcome receiving correspondence in Welsh. We will reply to such correspondence in Welsh and this will not lead to a delay