



**GIG**  
CYMRU  
**NHS**  
WALES

Bwrdd Iechyd Prifysgol  
Bae Abertawe  
Swansea Bay University  
Health Board

Cadeirydd/Chair: **Emma Woollett**  
Prif Weithredwr/Chief Executive: **Mark Hackett**

**gofalu am ein gilydd, cydweithio, gwella bob amser**  
**caring for each other, working together, always improving**

Rydym yn croesawu gohebiaeth yn y Gymraeg neu'r Saesneg. Atebir gohebiaeth Gymraeg yn y Gymraeg, ac ni fydd hyn yn arwain at oedi.  
We welcome correspondence in Welsh or English. Welsh language correspondence will be replied to in Welsh, and this will not lead to a delay.

## **Cais Rhyddid Gwybodaeth / Freedom of Information request** **Ein Cyf / Our Ref: 23-E-048**

### **You asked:**

Could you tell me all of the services you offer, preferably in list form, to treat obesity and binge eating in adults. Please include services which you do not provide directly but which you refer elsewhere.

### **Our response:**

#### Weight Management Services for Adults in Swansea Bay University Health Board

- Nutrition and Dietetic Service – Adult Tier 2 Weight Management Group Education Programme
- Nutrition and Dietetic Service – Adult Tier 2 Weight Management Individual Consultations
- Exercise Lifestyle Programme – delivery of Foodwise for Life Programme by National Exercise Referral Scheme for eligible patients
- Tier 4 Bariatric Surgery Service – delivered by SBUHB for population of South and Mid Wales on behalf of Welsh Health Specialised Services

#### Binge Eating Disorder

The Nutrition and Dietetic Service will signpost people to self-help resources or Voluntary sector support and onward referral to Community Mental Health Services.

A patient with binge eating disorder can access support via primary care/psychological therapies. If a patient had a comorbid diagnosis such as depression or anxiety and met criteria for Community Mental Health Team, treatment can also be accessed via this route.

Patients with BMIs 30+ would usually access treatment (including treatment for binge eating) via weight management services as above.



**Pencadlys BIP Bae Abertawe, Un Porthfa Talbot, Port Talbot, SA12 7BR / Swansea Bay UHB Headquarters, One Talbot Gateway, Port Talbot, SA12 7BR**

Bwrdd Iechyd Prifysgol Bae Abertawe yw enw gweithredu Bwrdd Iechyd Lleol Prifysgol Bae Abertawe  
Swansea Bay University Health Board is the operational name of Swansea Bay University Local Health Board