

Freedom of Information request on the availability of treatment for binge eating disorder

Hello,

I am writing to you under the Freedom of Information Act (2000) to request information regarding the **availability of treatment specifically for people assessed as meeting diagnostic criteria for Binge Eating Disorder (BED)**. Throughout the request, we are interested in treatment for both children and young people (CYP), and/or adults. **If the Trust has multiple relevant services, please provide answers separately for each of these services.**

If it is not possible to provide the information requested due to the information exceeding the cost of compliance limits identified in Section 12, please provide advice and assistance, under your Section 16 obligations, as to how I can refine my request appropriately.

In any case, if you can identify ways that my request could be refined please provide further advice and assistance to indicate this.

Please include a reference number/code in your acknowledgement of this request. If you have any queries, please do not hesitate to contact me and I will be happy to clarify what I am asking for.

Many thanks,

- 1) **Does the Trust provide eating disorders services that offer outpatient treatment? *If so, please state the name of the service/s and the Clinical Commissioning Group/s (CCG/CCGs) that commission them.***

Under 18	Yes
18+	Yes - CEDS CCGs below

- 2) **Is the Trust commissioned to provide a service for patients assessed as meeting diagnostic criteria for Binge Eating Disorder (BED)?**

Under 18	Yes
18+	Yes

If “no” to either a) or b) in question 2, please answer question 3.

If “yes” to both a) and b) in question 2, please skip to question 4.

- 3) **If “no” to question 2 a) and/or b), 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

If “no” to both a) and b) in question 3, that is all that is required. Thank you for your response.

If “yes” to either a) or b) in question 3, please answer the questions below.

4) 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,

Under 18	Guided self-help CBT-E
18+	Individual and group CBT, individual and group guided self-help. If these do not help then other therapies are available such as CBT, CBT ED, FPT, or CAT.

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. Please specify the names of all applicable services and the Clinical Commissioning Groups (CCGs) or local authorities that commission them. If the Trust provides more than one relevant service, please list answers to part a) separately against each.

Under 18	By the CAMHS Eating Disorders Service (under 18's)
18+	IAPT for mild presentation and Community Eating Disorder Service for moderate to severe Hertfordshire Partnership Foundation Trust CCGs commissioning are Herts Valleys Dacorum and East and North Herts

Service restrictions/eligibility criteria

5) 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.*

Under 18	None, those meeting the criteria for BED will be assessed and treatment offered
18+	The person meets the diagnostic criteria for BED

Access to binge eating disorder-focused guided self-help

- 6) a) In 2019/2020 (the tax year) how many people on the caseload of the services specified in answer to Question 4b had been assessed as currently meeting diagnostic criteria for Binge Eating Disorder (BED)?

	Eating Disorder Service Only
Under 18	5
18+	30

- b) How many of those in Question 6a have participated in a binge eating disorder-focused guided self-help programme as first- line psychological treatment?

	Eating Disorder Service Only
Under 18	5
18+	25 would have had the first line of treatment in the specialist service as GSH

Funding

- 7) a) In 2019/2020 (the tax year) how much funding was allocated to the treatment provided by the Trust for eating disorders (any eating disorder diagnosis)?

PLEASE NOTE: We do not receive specific Eating Disorder funding - it is all part of CCG Block funding. Shown below are direct costs for Eating disorders.

i) For Under 18s	£735K
ii) For 18+ year olds	£1,202k

- b) In 2019/2020 (the tax year) how much funding was allocated to the treatment provided by the Trust specifically for Binge Eating Disorder (BED)?

- i) For Under 18s
ii) For 18+ year olds

We are unable to provide you with this breakdown because BED spend is not reported on separately by the Trust.

Referrals from Weight Management Services

- 8) Does the Trust’s eating disorder service/s (if it provides any) accept referrals from Weight Management services?

If the Trust provides more than one relevant service, please list answers separately against each.

Under 18	Yes, if it is for Anorexia, Bulimia or BED
18+	Yes, if they are likely to meet the diagnostic criteria for an eating disorder

If “no” to both a) and b) in question 8 or both questions are not applicable, that is all that is required. Thank you for your response.

If “yes” to either a) or b) in question 8, please answer question 9.

9. In 2019/2020 (the tax year) how many patients started treatment at the Trust’s eating disorder service/s...

If the Trust provides more than one relevant service, please list answers separately against each.

Under 18	252
18+	482

- a) Who were assessed as meeting diagnostic criteria for Binge Eating Disorder (BED) specifically

Under 18	5
18+	25

- b) Who were assessed as meeting diagnostic criteria for Binge Eating Disorder (BED) specifically, who had been referred from Weight Management services.

Under 18	0
18+	This is not recorded information. We do not help with weight management.