

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. Thank you.

The following Weight Management treatments are available from the Health Boards [Adult Weight Management Service](#) (AWMS) to treat obesity:

- Level 2 Nutrition Group
- Level 2 Emotional Eating Group
- Level 2 Dietetic 1 to 1 clinic
- Level 2 Counselling 1 to 1 clinic
- Level 3 MDT pathway which includes:
 - MDT assessment and triage into the following level 3 pathways;
 - Dietetic clinics
 - Psychology counselling clinics
 - Dialectical behavioural therapy (DBT) groups
 - Physician clinics
 - Medications pathway (currently Saxenda)
 - Assessment/preparation/referral to Level 4 Bariatric Surgery

The Health Board follow the criteria for level 2 and 3 set out in the All Wales Weight Management Pathway.

The service assess in the level 3 service for patients suitable for referral to level 4 bariatric surgery which is commissioned by Welsh Health Specialist Service Committee (WHSSC) based in Swansea.

The service will also signpost to other services such as:

- dietetics services where clinical dietetic intervention or education is needed.
- diabetes and physical activity services to support patients on their weight management journey.

The Health Board also has a Specialist Eating Disorders service for binge eating within the Adult Mental Health Team.