Freedom of Information Request

Reference Number: EPUT.FOI.20.1654
Date Received: 17th September 2020

Information Requested:

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.

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:
   
   a. For under 18s
      None
   
   b. For 18+ year olds
      North East Essex CCG
      Mid Essex CCG
      West Essex CCG
      Basildon & Brentwood CCG
      Castle Point & Rochford
      Southend CCG
      Thurrock CCG

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

   a. For under 18s
      No
   
   b. For 18+ year olds
      Yes, only in North East, Mid & West Essex CCG areas

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
      N/A
   
   b. For 18+ year olds
EPUT treats moderate to severe BED in Northeast, Mid and West Essex. In the other CCG areas mentioned above we signpost to other teams/services.

If “no” to both a) and b) in question 3, that is all that is required
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:

   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.

   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])

      i. For under 18s
         N/A

      ii. For 18+ year olds
         Individual Cognitive Behavioural Therapy-enhanced for eating disorders

   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).

      i. For under 18s
         N/A

      ii. For 18+ year olds
         Specialist Community Eating Disorder service and IAPT

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:

   a. For under 18s
      N/A

   b. For 18+ year olds
      Severity criteria apply. For suspected binge eating disorder there need to be more than 8 episodes per week of eating an amount of food greater than most people would eat in a discrete period of time (say 2 hours) AND the person must have a sense of lack of control over what or how much they are eating.
6. Access to binge eating disorder-focused guided self-help:
   
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)?
      
i. For Under 18s
         N/A

   ii. For 18+ year olds
       The Trust does not record this information

   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?
      
i. For Under 18s
         N/A

   ii. For 18+ year olds
       The Trust does not record this information

7. Funding:
   
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)?
      
i. For Under 18s
         N/A

   ii. For 18+ year olds
       £914,540

   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
         N/A

   ii. For 18+ year olds
       None specifically allocated

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:
   
a. For under 18s
       N/A
b. For 18+ year olds
Referrals accepted from any health professional

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

a. Who were assessed as meeting diagnostic criteria for Binge Eating Disorder (BED) specifically:
   
   i. For Under 18s
      N/A
   
   ii. For 18+ year olds
       The Trust does not record this information

b. Who were assessed as meeting diagnostic criteria for Binge Eating Disorder (BED) specifically, who had been referred from Weight Management services:
   
   i. For Under 18s
      N/A
   
   ii. For 18+ year olds
       The Trust does not record this information

---

Publication Scheme:

As part of the Freedom of Information Act all public organisations are required to proactively publish certain classes of information on a Publication Scheme. A publication scheme is a guide to the information that is held by the organisation. EPUT’s Publication Scheme is located on its Website at the following link https://eput.nhs.uk