

Our Reference North East and North Cumbria ICB\
FOI ICB 25-029

North East and North Cumbria ICB
Pemberton House
Colima Avenue
Sunderland Enterprise Park
Sunderland
SR5 3XB

Tel: 0191 512 8484
E-mail: nencicb.foi@nhs.net

By Email

15 May 2025

Dear Applicant

Freedom of Information Act 2000 – Request for Information – NHS North East and North Cumbria Integrated Care Board (NENC ICB)

Thank you for your request received on 15 April 2025 for information held by NHS North East and North Cumbria Integrated Care Board (the ICB) under the provisions of the Freedom of Information Act 2000. The ICB covers the areas of County Durham, Newcastle Gateshead, North Cumbria, North Tyneside, Northumberland, South Tyneside, Sunderland, and Tees Valley.

Please find the information you requested on behalf of the ICB as follows.

Your Request

We are investigating the provision of care across England for adults living with overweight and obesity which is accessible via primary care. In particular, the availability of support for adults with eating disorders related to overweight and obesity.

In the below queries people with obesity refers to adults with a BMI $\geq 30\text{kg/m}^2$ and people with overweight refers to people with a BMI $\geq 25\text{kg/m}^2$. We would appreciate information on the following as a Freedom of Information request:

1. Is your IAPT service commissioned to treat those with eating disorders related to overweight and obesity such as, but not limited to, binge eating/emotional eating/disordered eating/other eating disorder?
 - a. If yes, what are the specific criteria to access this service (including for example, which and what severity of eating disorders are they commissioned to treat)?
 - b. If yes, what treatments are they commissioned to provide.
 - c. Please provide the name of the service provider and contact details for the service.
2. Is your eating disorders service commissioned to treat eating disorders related to overweight and obesity such as, but not limited to, binge eating/emotional eating/disordered eating/other eating disorder?

- a. If yes, what are the specific criteria to access this service (including for example, which and what severity of eating disorders are they commissioned to treat)?
 - b. If yes, what treatments are they commissioned to provide.
 - c. Please provide the name of the service provider and contact details for the service.
3. Do you have any other service commissioned to treat eating disorders related to overweight and obesity such as, but not limited to, binge eating/emotional eating/disordered eating/other eating disorder?
 - a. If yes, what are the specific criteria to access this service (including for example, which and what severity of eating disorders are they commissioned to treat)?
 - b. If yes, what treatments are they commissioned to provide.
 - c. Please provide the name of the service provider and contact details for the service.
4. For the preceding three services (point numbers 1-3):
 - a. How many patients (with any eating disorder) is the service commissioned to see annually; both currently, and in each of the last 5 years?
 - b. How many patients are they commissioned to see annually: currently, and in each of the last 5 years, by category of eating disorder (for example: anorexia nervosa, bulimia nervosa, binge eating disorder, emotional eating, disordered eating, other eating disorder, etc)?
 - c. How many patients have been referred to the service annually: currently, and in each of the last 5 years, by category of eating disorder (as above)?
 - d. How many patients have attended/been seen by the service annually: currently and in each of the last 5 years, by category of eating disorder (as above)?
5. Is your community dietetics service commissioned to help people living with overweight and obesity for example, for the management of nutritional intake and/or disordered eating?
 - a. If yes, what are the specific criteria to access this service for people living with obesity and overweight?
 - b. If yes,
 - i. how many people is the community dietetics service commissioned to see annually: currently and in each of the last 5 years?
 - ii. how many people living with obesity and overweight have attended/been seen by the service annually; currently and in each of the last 5 years?
 - iii. how many people living with obesity and overweight have been referred to the service annually: currently and in each of the last 5 years?
 - c. If yes, please provide the name of the service and contact details?
6. Do you have a commissioned service for long term (>2 years post-surgery) follow up of patients who have had bariatric surgery under the NHS? If yes, please provide the name of the service and contact details.
7. Do you have a commissioned service for long term (>2 years post-surgery) follow up of patients who have had bariatric surgery privately (either UK or abroad)? If yes, please provide the name of the service and contact details.
8. Do you have a commissioned service for the follow up of patients who have had bariatric surgery abroad? If yes, please provide the name of the service and contact details.
9. How many individual funding requests (IFRs) have you received related to follow up of patients who have had surgery abroad in the last 2 years? What is the total number of IFRs received in this time.
10. Do you have a commissioned Tier 3 (specialist weight management service)? If so, how many people is it commissioned to see a year and how many people are currently on the waiting list to be seen?

11. Do you have a commissioned Tier 4 (specialist weight management service)? If so, how many people is it commissioned to see a year and how many people are currently on the waiting list to be seen?

Our Response

We can confirm, as per Section 1(1) of the Freedom of Information Act 2000, the ICB holds some of the information you have requested.

1. North East and North Cumbria ICB commission NHS Talking Therapies for Anxiety and Depression (TTAD) services delivering evidence based NICE recommended psychological therapies for depression and anxiety disorders. Those that meet the TTAD clinical criteria will be offered an appropriate course of evidence based psychological treatment in line with their individual assessed needs.

Providers are:

- Talking Changes
 - Impact on Teesside
 - Vita Health Group
 - Cumbria Northumberland & Tyne & Wear NHS Foundation Trust (CNTW)
 - Northumbria Health Care NHS Foundation Trust
2. NENC ICB refreshed a region wide children and young people service specification for eating disorders in 2025, for implementation in year. The below describes what is in scope and what is out of scope:

In-scope

Thresholds for involvement of the service will be based on need and risk but will be generally in line with ICD-11 definitions of eating disorders and associated co-morbidities which increase risk. These include:

- anorexia nervosa (AN);
- severe/complex bulimia nervosa (BN) (e.g. multiple purging, medical admissions with physical risk);
- binge eating disorder (BED);
- medical problems and eating disorder co-morbidities and/or co-existing health issues including (but not limited to):
 - pregnancy and/or the perinatal period,
 - diabetes,
 - atypical anorexia nervosa;
- those aged 16 years and above with a first episode eating disorder of less than 3-years' duration – will be offered direct access to the First episode and Rapid Early intervention for Eating Disorders (FREED) early intervention pathway;
- children and young people with autism and eating difficulties where this is causing increased concern or risk, including Avoidant Restrictive Food Intake Disorder (ARFID) presentations (literature-based co-occurrence of autism and ARFID in approximately 40% of cases);
 - ARFID;
 - pica;
 - rumination disorder.

Out of scope:

- Children and young people for whom NENC ICB does not have a statutory responsibility to fund care and treatment.
- Those aged over 18 years, who would be seen by the adult community eating disorder service.
- Disordered eating - this term refers to food- and diet-related behaviours that do not meet ICD-11 diagnostic criteria for recognised eating disorders but may still negatively affect someone's physical, mental, or emotional health. The service may, however, be required to provide scaffolding or advice/supervision to generic CAMHS/physical health teams, social care and education settings where appropriate.
- The management of obesity in the absence of an eating disorder.
- Mental health inpatient care.
- Day care support.

Adults eating disorder services across Durham and Tees Valley localities, delivered by Tees, Esk and Wear Valley NHS Foundation Trust (TEWV), cover the following criteria:

Acceptance and exclusion criteria and thresholds:

Referral criteria include:

- Anorexia Nervosa (BMI <17.5)
- Severe/ Complex Bulimia Nervosa e.g. multiple purging, medical admissions with physical risk
- Medical Problems and Eating Disorder co-morbidities including pregnancy and diabetes.

Note: Secondary Care level Eating related 'problems' / Simple Bulimia Nervosa cases to be managed in secondary care or via local Improving Access to Psychological Therapies (IAPT) (if agreements for case acceptance) supported with supervision from Eating Disorders Service.

Eligibility:

- Need to be in, OR, case level appropriate for Secondary Care Mental Health Services, and/or
- Meet above referral criteria

Exclusion:

- <18 (NB >65 on individual case by case basis)
- Not meeting Eating Disorder referral criteria

Currently, the Eating Disorders Team does not treat patients with Obesity, (i.e. Body Mass Index over 35 kg/m²) or Simple Binge Eating Disorder although this is no reflection upon the severity or importance of these serious health problems.

For more information, please contact the provider.

Adults eating disorder services across North Cumbria, Northumberland, North Tyneside, Newcastle, Gateshead, South Tyneside and Sunderland localities, delivered by Cumbria, Northumberland Tyne & Wear NHS Foundation Trust (CNTW), cover the following criteria:

Thresholds for involvement of specialist community team

Thresholds for involvement of the specialist team will be based on need and risk, but will generally be in line with ICD-10 definitions of eating disorders and associated co-morbidities which increase risk. This includes:

- Anorexia Nervosa (ICD-10 Criteria)
- Severe/ Complex Bulimia Nervosa e.g. multiple purging, medical admissions with physical risk
- Medical Problems and Eating Disorder co-morbidities including:
 - Pregnancy and/or the perinatal period
 - Diabetes
 - Atypical Anorexia Nervosa
- 16 to 25-year-olds with a first episode eating disorder of less than 3 years duration – direct access to FREED early intervention pathway.
- People with Autism Spectrum disorder and eating difficulties where this is causing increased concern or risk, including ARFID presentations

To note, sub threshold Eating related ‘problems’ / Simple Bulimia Nervosa cases to be managed in community mental health services or via local Improving Access to Psychological Therapies (IAPT) and other Primary Care services unless level of risk indicates involvement of specialist staff from the Community AED team would be beneficial. The specialist team will be available to provide supervision and consultation advice more generally to staff managing concerns in community mental health, IAPT or primary care services.

Individuals will generally:

- Be in, or, at a case level appropriate for Community Mental Health Services, and/or
- Meet above thresholds for involvement

The Eating Disorders Team does not treat patients with Obesity, (i.e. Body Mass Index in excess of 35 kg/m²) or Simple Binge Eating Disorder although this is no reflection upon the severity or importance of these serious health problems. The Service will accept transfers from community mental health services for adults who have been assessed to need additional specialist involvement. Anyone aged 16 – 25 with a first presentation will progress directly to the FREED specific pathway. Depending on need and individual circumstances, care will either be led by the specialist team or provided jointly with local community mental health services to ensure connections continue with support close to home.

For more information, please contact the provider.

3. For patients living with obesity there are Tier 3 services we are implementing an updated specification that will include supporting patients with binge eating/emotional eating/disordered eating/other eating disorder. Current service provision:
 - County Durham and Darlington NHS Foundation Trust
 - North Cumbria Integrated Care NHS Foundation Trust
 - Northumbria Healthcare NHS Foundation Trust
 - South Tees Hospitals Foundation Trust
 - The Newcastle upon Tyne Hospitals NHS Foundation Trust
4. Services are commissioned on a block contract basis and services are expected to see all patients referred to them who meet the acceptance criteria.

For further information on this point, you may wish to redirect your question to Mental Health Foundation Trust providers, listed with FOI email addresses below.

NENC Mental Health Hospital FTs	Email
Cumbria, Northumberland, Tyne and Wear NHS FT	foi@cntw.nhs.uk
Tees, Esk and Wear Valley NHS FT	tewv.foi@nhs.net

5. No, the community dietetics service is not commissioned to help people living with overweight and obesity. For the trust providers, the criterion is:

County Durham and Darlington NHS Foundation Trust (CDDFT)

The community Dietetics service provided by CDDFT is not commissioned to provide the above. The Adults eating disorder services across Durham and Tees Valley localities is delivered by Tees, Esk and Wear Valley NHS Foundation Trust.

Gateshead Health NHS Foundation Trust

Dietetics Service commissioned and provided, though no service specification available.

North Cumbria Integrated Care NHS Foundation Trust

It is appropriate to refer to a Dietitian if:

- Grade 1 Obesity BMI >30kgm²
- Grade II Obesity BMI >35
- Grade III Obesity BMI >40
- BMI >28kgm² with significant associated co-morbidities such as Diabetes, CVD, hypertension, hyperlipidaemia.
- All Bariatric Surgery patients must be assessed by a Dietitian as per Policy No23 "Policy for the Commissioning of Bariatric Surgery"

North Tees and Hartlepool NHS Foundation Trust

Referral processes:

- For Acute dietetic services for adults and paediatrics verbal or written referrals are accepted by Dietitians working in each specific area which will ensure timely and effective responses to referrals including treatment, information, advice, signposting and arranging further care.
- For community and out-patient dietetic services for adults and paediatrics, referrals will be accepted in either electronic or paper format. Referrals are sent to the Dietetic Service based at University Hospitals of North Tees or University Hospital Hartlepool dependant on locality. A single point to access clinics at will facilitate easy communication with service users and referrers and will ensure timely and effective responses to referrals including information, advice, signposting and arranging further care.
- Presently outpatient clinics established in Yarm and Eaglescliffe organise their own appointments and clinics. There is however a facility for these medical centres to access North Tees outpatient clinics if necessary.

The service provider will clearly describe referral routes into and out of the services in a range of accessible formats appropriate to professional, partner and public use. These referral routes will be subject to annual review with commissioners.

Northumbria Healthcare NHS Foundation Trust

Dietetics Service Commissioned and provided, though no service specification available: though the //severe and complex obesity service specification does state that 'Patients must be

appropriately supported. Support will vary between units, but it is essential that specialist dietetics is provided'

South Tees Hospitals NHS Foundation Trust

Service description/care pathway:

- The Dietetic and Nutrition Service will provide advice and support for people across Middlesbrough, Redcar and Cleveland delivering clinics for:
 - Weight management
 - Diabetes
 - Nutrition support – advice for those with malnutrition, swallowing difficulties, or prolonged poor appetite
 - Abnormal blood fats
 - Coeliac disease
 - Irritable bowel syndrome
 - Food allergy / intolerance
 - Nutrition related deficiencies such as iron
- The service will also provide specialist support for:
 - Tier 2 Diabetes Service
 - Paediatric services in special needs schools, local assessment units and clinics
 - Nutrition support for patients with long term conditions e.g. severe neurological conditions, COPD

South Tyneside and Sunderland NHS Foundation Trust

The service provides support for people in improving dietary intake and promoting a healthy weight. The service also aims to reduce all the poor outcomes associated with malnutrition.

- People screened for malnutrition using MUST with score 2 or above
- All people newly diagnosed with diabetes and those with poor glycaemic control
- All people newly diagnosed with coeliac disease
- People with hyperlipidaemia
- People who require therapeutic dietary intervention

6. NENC ICB does not have a commissioned service for long term follow up of patients who have had bariatric surgery under the NHS.
7. NENC ICB does not have a commissioned service for long term follow up of patients who have had bariatric surgery privately.
8. Yes, the commissioned service is with the Foundation Trusts named in the response to question 3.
9. There has been one request, between 01/05/2023 and 30/04/2025, for follow-up of patients after receiving bariatric surgery abroad. We have received 3346 IFR requests in this time.
10. Yes, the service is commissioned see 4000 patients and waiting list is roughly 4000 patients.
11. We can confirm, as per Section 1(1) of the Freedom of Information Act 2000, the ICB on this occasion is not able to provide the requested information for Tier 4 weight loss services. In line with your rights under section 1(1)(a) of the Act to be informed whether information is held, we confirm the ICB does not hold any of the information requested. We would advise that you redirect your questions to weight loss services providers.

In accordance with the Information Commissioner's directive on the disclosure of information under the Freedom of Information Act 2000 your request will form part of our disclosure log.

Therefore, a version of our response which will protect your anonymity will be posted on the NHS ICB website <https://northeastnorthcumbria.nhs.uk/>.

If you have any queries or wish to discuss the information supplied, please do not hesitate to contact me on the above telephone number or at the above address.

If you are unhappy with the service you have received in relation to your request and wish to request a review of our decision, you should write to the Senior Governance Manager using the contact details at the top of this letter quoting the appropriate reference number.

If you are not content with the outcome your review, you do have the right of complaint to the Information Commissioner as established by section 50 of the Freedom of Information Act 2000. Generally, the Information Commissioner cannot make a decision unless you have exhausted the ICB's complaints procedure.

The Information Commissioner can be contacted at Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF or www.ico.org.uk.

Any information we provide following your request under the Freedom of Information Act will not confer an automatic right for you to re-use that information, for example to publish it. If you wish to re-use the information that we provide and you do not specify this in your initial application for information then you must make a further request for its re-use as per the Re-Use of Public Sector Information Regulations 2015 www.legislation.gov.uk. This will not affect your initial information request.

Yours faithfully

Information Governance Support Officer

**Information Governance Support Officer
North East and North Cumbria Integrated Care Board**