

Executive Corridor  
Darlington Memorial Hospital  
Hollyhurst Road  
Darlington  
DL3 6HX  
Switchboard Tel: 01325 38 0100  
Foundation Trust Office: 01325 74 3625  
Corporate Records Office: 01325 74 3700

Request for Information Reference: 05.24.22

FOI Direct line: 01325 743700  
Email: [cdda-tr.cddftfoi@nhs.net](mailto:cdda-tr.cddftfoi@nhs.net)

Email only

29<sup>th</sup> May 2024

Dear

## Freedom of Information Act 2000 – Request for Information

Thank you for submitting a request for information which we received on 13<sup>th</sup> May 2024 in relation to County Durham and Darlington NHS Foundation Trust (the Trust). Your request has been processed under the provisions of the Freedom of Information Act 2000 and I am now able to provide you with a response.

Your request was in relation to Child Obesity Clinics and I am providing the following information in response to your specific questions:

Please note that this will not be a full reflection of weight management referrals, just those that have seen a paediatrician as part of the pathway **and** been referred on to psychology/dietetics. There are some that may not attend the initial paediatrician appointment and or/don't require dietetics/psychology.

### 1. Does the Trust have NHS Child Obesity Clinic's?

Yes, for children with a BMI at or above the 99.6<sup>th</sup> centile, or at or above the 98<sup>th</sup> centile if under 2 years or have a medical comorbidity.

**If yes please answer the following:**

#### a) The total of physical sites within the Trust?

4: Bishop Auckland Hospital, Chester-le Street Hospital, Darlington Memorial Hospital and University Hospital of North Durham Hospital.

**b) Which trust/NHS organisation do they reside at?**

County Durham and Darlington NHS Trust

**c) How many patients did each of the identified clinics support in FY 2022-2023?**

The Trust received 150 referrals from April 2022 to March 2023

**d) What treatment programmes are provided in each of the identified Child Obesity clinics?**

**MDT approach, which is individually tailored, consisting of:**

- Consultant Paediatrician to screen for medical issues contributing to overweight/obesity, as well as screen for medical comorbidities. The Trust assess the impact of overweight/obesity on the child, e.g. shortness of breath, muscular pain, decreased exercise tolerance or excessive sweating. The service screen for type 2 diabetes, hypothyroidism, hypercholesterolaemia, inflamed/fatty liver and assess lipid profile and provide information from the Chief Medical Officer on recommended daily physical activity for children and how this may be incorporated into daily life, and information on healthy eating including sugar swaps, portion sizes and the “eat well” plate
- Paediatric Dietitian - Assess and offer advice and support around dietary change for weight management. Considers other co-morbidities and provides holistic approach, i.e patients with allergy/restrictive eating/neuro-divergence. Liaises with multi-disciplinary team (MDT) and professionals outside of the team to provide best care for patient and family.
- Consultant Clinical Psychologist - To assess and, where appropriate, intervene with psychological comorbidities in child/young person (e.g. binge eating disorder, anxiety, depression, low self-esteem, body image). To assess and, where appropriate, intervene to support child/young person and family/carers to manage factors that make managing weight more complex (e.g. motivation. Trauma, managing behaviour, selective eating, eating behaviours, self-esteem).

Service also liaises with other agencies, where appropriate (e.g. education, social services, primary care)

**e) How are these treatment programmes assigned, e.g. home visits, clinics?**

Clinical based, including some virtual (phone/video) sessions, as appropriate.

**f) How long do treatment programmes continue for?**

Currently no specified time limit.

**g) Within these Child Obesity clinic's, what digital solutions are in place to support the care pathway?**

Internally produced patient webinars available on Trust website that families are directed to by MDT. Intended to provide information for families whilst waiting for appointments and to reiterate key themes from individual consultations.

**h) Name of solution**

**i) Name of solution supplier**

**j) Implementation date**

**k) Contract renewal date**

Not applicable

**l) Do these digital tools provide a two-way communication between the patient (parent) and clinician?**

No

**m) If yes, what additional features do these solutions provide to the patient and clinician?**

Not applicable

**n) Does the trust have plans to advertise a tender to replace these solutions?**

No

**o) If so, confirm the time frame.**

Not applicable

**If no please answer the following questions?**

**a) If you do not have a Child Obesity clinic, how do you support this pathway, e.g. where are patients referred to?**

Not applicable

In line 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 on the Trust's website. However please be assured that we anonymise all responses prior to adding them to the disclosure log.

I hope that this response has provided you with the information you had requested. If you have any queries or wish to discuss the information supplied, please do not hesitate to contact me by telephone or in writing. If however, you are dissatisfied with the way in which your request has been handled and would like an internal review, you will need to contact me in writing at the above address or via [cdda-tr.cddffoi@nhs](mailto:cdda-tr.cddffoi@nhs).

If you remain dissatisfied with our response following an internal review you have the right to appeal to The Information Commissioner at Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF. More information is available on their website; [www.ico.gov.uk](http://www.ico.gov.uk).

Yours sincerely

**Corporate Records and Freedom of Information Facilitator**