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Request for Information Reference: 06.24.53

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Email: [cdda-tr.cddftfoi@nhs.net](mailto:cdda-tr.cddftfoi@nhs.net)

Email only

3<sup>rd</sup> July 2024

Dear

### **Freedom of Information Act 2000 – Request for Information**

Thank you for submitting a request for information which we received on 24<sup>th</sup> June 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 Obesity and Weight Management and I am providing the following information in response to your specific questions:

### **Please could you answer the following questions under the Freedom of Information Act?**

**1. Does the trust have a specialist obesity or weight management Clinic for**

**Children between ages 4 – 18**

The Trust provides a Tier 3 Paediatric Weight Management Service for Children and young people aged 0-18 with a Body Mass Index (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 with a medical comorbidity.

**Adults**

The Trust Tier 3 Specialist Weight Management offer services to adults aged 18 years and above

## 2. Number of patients treated in the last financial year

### Child

The Trust are unable to provide exact data, as patients see a Consultant Paediatrician initially in a General Clinic, which is not separated out from other referral needs.

The number of patients following their initial Paediatrician appointment who were then offered appointments in the Dietetics/Psychology element of the Paediatric Weight Management Service was 200 for the 2023/24 financial year

### Adult

The Trust are unable to provide exact data, as patients move through the service at different rates depending on need. The Trust had 16,400 appointments in the last year.

## 3. What treatment pathways for obesity or weight management do the Trust provide?

### Child

Multidisciplinary 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. To assess the impact of overweight/obesity on the child e.g. SOB, muscular pain, decreased exercise tolerance, excessive sweating. To screen for type 2 diabetes, hypothyroidism, hypercholesterolaemia, inflamed/fatty liver and assess lipid profile. To provide information from the CMO on recommended daily physical activity for children and young people 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 MDT and professionals outside of 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).

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

**Adult**

Tier 3 Specialist Weight Management Services offer a medically led multidisciplinary specialist weight management pathway with a link to a surgical pathway for those patients wanting bariatric surgery.

4. **The average number of visit per year to the obesity or weight management clinic.**

**Child**

Tier 3 Paediatric Weight Management service approximately 25 visits per year.

**Adult**

Tier 3 Specialist Weight Management approximately 25 visits per year.

5. **Please provide the following information for the Lead Clinician for Obesity services**

**Child**

- **Name** - Dr Lisa Hodgson
- **Job title** - Consultant Clinical Psychologist
- **Email** - contactable via secretary 0191 3876373

- **Name** - Joanne Harris
- **Job title** - Clinical Lead Dietitian
- **Email** - contactable via Central Admin Team 01388 455200

**Adult**

- **Name** - Mr Mitchell
- **Job title** - Consultant Surgeon
- **Email** - contactable via Trust's switchboard 01325 380 100

6. **Does the Trust use a specialist software platform for obesity or weight management clinics?**

**Child**

- **The name of the supplier**
- **The length of contract**
- **Total contract value**

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.

**Adult**

No

**7. Please provide Total financial costs to the trust for obesity and weight management services provided for the last Financial year?**

£686,912.

Please note that this figure only includes the direct cost of the service as there are other posts and costs sitting elsewhere providing resource to multiple services that will be partially related to Bariatrics service.

**8. If the Trust does not have an obesity or specialist weight management clinic, is there a plan to develop one in the next 3 years. This would include the acquisition of a specialist software platform to help management of patient.**

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**