

30/09/2025

NN-ICB/25-1306

Dear Requestor

**Re: Freedom of Information Request**

Thank you for your request for information, received on 2 September 2025, regarding adults living with overweight and obesity. We have processed your request in accordance with the Freedom of Information Act 2000 (FOIA).

Under the FOIA, public authorities like ours are required to respond to requests for information within 20 working days. In response to your request, I can confirm that we partially hold the information requested.

**Please find below our response to your request:**

A study to investigate the provision of care across England accessible via primary care for people living with overweight and obesity.

This study aims to investigate 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 those 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  $\geq 25\text{kg/m}^2$ .

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?

No. NHS Talking Therapies (previously known as IAPT) is commissioned in line with the national NHS Talking Therapies manual . NHS Talking Therapies is for anxiety and depression disorders and is not designed to treat eating disorders.

- 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.

NHS Nottingham and Nottinghamshire Talking Therapies can be contacted by email at [notts.iapt.admin@notts-talk.co.uk](mailto:notts.iapt.admin@notts-talk.co.uk).

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?

Nottinghamshire Eating Disorder Service (provided by Nottinghamshire Healthcare NHS Foundation Trust) does not provide care for individuals with eating disorders related to overweight or obesity such as binge eating, emotional eating, disordered eating. However, First Steps eating disorder service who work closely with the specialist service provide support to this cohort with mild to moderate needs.

- 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)?

The service supports those with a mild to moderate eating disorder or disordered eating presentation.

- b) If yes, what treatments are they commissioned to provide.

CBT-T, CBT-E and psychoeducation group workshops.

- c) Please provide the name of the service provider and contact details for the service.

First Steps ED [First Steps ED | Eating Disorder Support & Recovery Charity](#).

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?

No, the ICB doesn't 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)?

The ICB does not hold this information. You may wish to contact Nottinghamshire Healthcare NHS Foundation Trust to request this and how to submit a Freedom of Information request can be found on their website - <https://www.nottinghamshirehealthcare.nhs.uk/c-freedom-of-information>.

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?

Yes.

- a) If yes, what are the specific criteria to access this service for people living with obesity and overweight?

| For Nottinghamshire Healthcare NHS Foundation Trust Nutrition & Dietetics (Mid Notts) Services:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | For CityCare Nutrition & Dietetics Services:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Provided from birth until end of life, this includes prenatal and preconception care.</li> <li>• Services are provided for patients with any disease / condition that are referred into service.</li> <li>• Referrals are accepted from any registered primary or community Health Care Professional for clinical dietetics.</li> <li>• An eligible patient is any patient identified as having a nutritional need, who has a GP within Mansfield &amp; Ashfield and Newark &amp; Sherwood area or in a surrounding area that has a separate agreement.</li> </ul> | <ul style="list-style-type: none"> <li>• Registered with a GP Practice within Nottingham City.</li> <li>• Over the age of 18 years or agreed an individual patients in transition.</li> </ul> <p>And have at least <u>one</u> of the following:</p> <ul style="list-style-type: none"> <li>• Have at least <u>one</u> suspected or confirmed diagnosis of a long term condition</li> <li>• Require case management due to their condition</li> <li>• Require re-ablement/rehabilitation</li> <li>• Be at risk of hospital admission or readmission.</li> </ul> |

- 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?

The ICB does not hold the number of people the community dietetics service is commissioned to see annually. The service is commissioned as part of a wider block contract from Nottinghamshire Healthcare NHS Foundation Trust and Nottingham CityCare.

- 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?

For ii) and iii) above, the ICB does not hold this information.

- c) If yes, please provide the name of the service and contact details?

Contact details for Nottinghamshire Healthcare NHS Foundation Trust:  
[contracting.nht@nottshc.nhs.uk](mailto:contracting.nht@nottshc.nhs.uk)

Contact details for Nottingham CityCare Partnership CIC Head Office: 0115 8833148.

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.

No. After two years' care (blood tests, monitoring etc.) follow-up would be carried out by a patient's GP.

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.

No. After two years' care (blood tests, monitoring etc.) follow-up would be carried out by a patient's GP.

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.

No. After two years' care (blood tests, monitoring etc.) follow-up would be carried out by a patient's GP.

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.

The IFR Team have received zero applications relating to follow up patients who have had surgery abroad in the last two financial years.

In total over the last two years the team have processed 90 IFR Applications. None were for patients who have had surgery abroad.

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?

The ICB has a commissioned Tier 3 service with University Hospitals of Derby and Burton NHS Foundation Trust, and Doncaster and Bassetlaw Teaching Hospitals NHS Foundation Trust. You may wish to contact these providers, and how to submit a Freedom of Information request to each provider can be found on their websites linked below:

- University Hospitals of Derby and Burton NHS Foundation Trust - [Freedom of Information \(FOI\) | University Hospitals of Derby and Burton NHS](#)
- Doncaster and Bassetlaw Teaching Hospitals NHS Foundation Trust - <https://www.dbth.nhs.uk/contact/freedom-of-information/>.

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?

The ICB has a commissioned Tier 4 service with University Hospitals of Derby and Burton NHS Foundation Trust, and Doncaster and Bassetlaw Teaching Hospitals NHS Foundation Trust. You may wish to contact these providers, and how to submit a Freedom of Information request to each provider can be found on their websites linked below:

- University Hospitals of Derby and Burton NHS Foundation Trust - [Freedom of Information \(FOI\) | University Hospitals of Derby and Burton NHS](#)
- Doncaster and Bassetlaw Teaching Hospitals NHS Foundation Trust - <https://www.dbth.nhs.uk/contact/freedom-of-information/>.

If you are unhappy with the way in which your request has been handled, NHS Nottingham and Nottinghamshire Integrated Care Board (ICB) has an internal review procedure through which you can raise any concerns you might have. Further details of this procedure can be obtained by contacting Lucy Branson, Director of Corporate Affairs via [lucy.branson@nhs.net](mailto:lucy.branson@nhs.net) or by writing to FOI Team at NHS Nottingham and Nottinghamshire ICB, Sir John Robinson House, Sir John Robinson Way, Arnold, Daybrook, Nottingham NG5 6DA.

If you remain dissatisfied with the outcome of the internal review, you can apply to the Information Commissioner's Office (ICO), who will consider whether the organisation has complied with its obligations under the Act and can require the organisation to remedy any problems. Generally, the ICO cannot make a decision unless you have exhausted the complaints procedure provided by NHS Nottingham and Nottinghamshire ICB. You can find out more about how to do this, and about the Act in general, on the Information Commissioner's Office website at: <https://ico.org.uk/for-the-public/>.

Complaints to the Information Commissioner's Office should be sent to:

FOI/EIR Complaints Resolution, Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF. Telephone 0303 123 1113 or report a concern via <https://ico.org.uk/concerns/>.

Yours sincerely

Freedom of Information (FOI) Officer on behalf of NHS Nottingham and Nottinghamshire Integrated Care Board

[nnicb-nn.foi@nhs.net](mailto:nnicb-nn.foi@nhs.net)

All information we have provided is subject to the provisions of the Re-use of Public Sector Information Regulations 2015. Accordingly, if the information has been made available for re-use under the [Open Government Licence](#) (OGL) a request to re-use is not required, but the license conditions must be met. You must not re-use any previously unreleased information without having the consent of NHS Nottingham and Nottinghamshire Integrated Care Board. Should you wish to re-use previously unreleased information then you must make your request in writing (email will suffice) to the FOI Lead via [nnicb-nn.foi@nhs.net](mailto:nnicb-nn.foi@nhs.net). All requests for re-use will be responded to within 20 working days of receipt.