

FOI REF: 24/065

7<sup>th</sup> April 2024

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## FREEDOM OF INFORMATION ACT

I am responding to your request for information under the Freedom of Information Act. The answers to your specific questions are as follows:

**I would like to request the following information:**

- 1) Information about your Trust's current obesity and weight management strategies.**

No, East Sussex Healthcare NHS Trust does not currently have an obesity and weight management strategy.

- 2) Details of staff training to deliver these strategies.**

The Trust's Dietetic staff have had a training session on weight bias and health at every size. This has been to support patients referred to us with medical conditions such as polycystic ovaries syndrome, non-alcoholic fatty liver disease, etc., and ensure these are treated holistically and not with a weight bias.

- 3) Details of any current training for clinical staff in the area of weight discrimination, weight stigma, weight bias and/or obesity awareness.**

As above exclusively been provided for Dietetics. There is an ongoing clinical forum for Dietetics on weight inclusive working group.

- 4) The number of complaints made to the Trust where weight discrimination, bias or stigma was mentioned.**

**Clarification was sought asking you to confirm the timeframe you are looking at and confirmation was received as follows:**

**The timeframe is the 1st of January 2014 -31st of December 2023.**

There were 7 complaints between 1 January 2014 to 31 December 2023, where weight discrimination, bias or stigma was mentioned.

**5) Any planned or current actions in response to the Health and Social Care Committee report on 'The Impact of Body Image on Mental and Physical Health'.**

We do not have a specific action list or work plan that's solely in response to this report.

If I can be of any further assistance, please do not hesitate to contact me.

Should you be dissatisfied with the Trust's response to your request, you have the right to request an internal review. Please write to the Freedom of Information Department ([esh-tr.foi@nhs.net](mailto:esh-tr.foi@nhs.net)), quoting the above reference, within 40 working days. The Trust is not obliged to accept an internal review after this date.

Should you still be dissatisfied with your FOI request, you have the right of complaint to the Information Commissioner at the following address:

The Information Commissioner's Office  
Wycliffe House  
Water Lane  
Wilmslow  
Cheshire SK9 5AF

Telephone: 0303 123 1113

Yours sincerely

Freedom of Information Department  
[esh-tr.foi@nhs.net](mailto:esh-tr.foi@nhs.net)