



Kent and Medway
NHS and Social Care Partnership Trust
Information Governance & Records Management Department

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Dear [REDACTED],

Request for Information

I write further to your request FOI ID 42161 under the Freedom of Information Act 2000 regarding:-

Trust-wide Obesity and weight management

Your request is set out below:

- Do you have a Trust-wide obesity and weight management strategy? If so, how is this implemented (for example, through delivery of Tier 3 obesity services of the NHS Tiered Care Weight Management Pathway)?

We have a contract with Dietitians who support with our inpatients who are obese and our community staff refer to a community programme run by OneYou or GP. If weight management has not successful a Tier 3 referral will be made.

- Details of staff training to deliver these strategies

We have a Dietitian led staff training package and the Physical Health Team provide a staff training course on physical health in mental health, which includes healthy eating choices and exercise.

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

We have the dieticians who support patients and staff concerning obesity. We also teach on weight stigma and diagnostic overshadowing.

- The number of complaints made to the Trust where weight discrimination, bias or stigma was mentioned in the period 1st January 2014 to 31st December 2023

We have not received any complaints concerning weight discrimination, bias or stigma during the time period specified.

We are proud to be smoke free

Trust Chair – Dr Jackie Craissati
Chief Executive – Helen Greatorex

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

Research has found that higher body dissatisfaction is associated with a poorer quality of life, psychological distress and the risk of unhealthy eating behaviours and eating disorders. Conversely, body satisfaction and appreciation have been linked to better overall well-being and fewer unhealthy dieting behaviours.

Therefore, we focus on body positive outcomes for our patients, concentrating on physical health and mental wellbeing by providing person centred support, setting achievable goals, medication reviews (some mental health medication can increase appetite), providing cooking sessions with healthier choices, employed exercise specialists to support inpatients, currently rolling out nature walk and talk sessions to include mindfulness.

We also focus and monitor on reducing the inequalities concerning the increased heart attack risk factors for our patients with a serious mental illness, which includes, BMI, BP, smoking, alcohol/illicit drug use, lipids, blood glucose regulation. However, every inpatient, regardless of mental health/Learning Disability/Autism diagnosis receives a physical health check on admission

I confirm that the information above completes your request under the Freedom of Information Act 2000. I am also pleased to confirm that no charge will be made for this request.

If you have any questions or concerns or are unhappy with the response provided or the service you have received you can write to the Head of Information Governance at the address on top of this letter. If you are not content with the outcome of your complaint, you may apply directly to the Information Commissioner for a decision.

Yours Sincerely

On Behalf of
The Information Governance Department