



Oifig an Stiúrthóra Náisiúnta Cúnta
Oibríochtaí Meabhairshláinte

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Deputy Mark Ward.
Dail Eireann,
Leinster House,
Kildare Street,
Dublin 2.

28th September 2023

PQ Number: 39240/23

PQ Question: To ask the Minister for Health the number of recorded eating disorders by CHO from 2018 to present; how this information is collected; and if he will make a statement on the matter. – Mark Ward

Dear Deputy Ward,

The Health Service Executive has been requested to reply directly to you in the context of the above Parliamentary Question, which you submitted to the Minister for Health for response. I have examined the matter and the following outlines the position.

Eating disorders have the highest mortality and morbidity of all of the mental health conditions (Arcelus, 2011), and it is estimated that they will affect between 1 to 4% of the population at some point in their lives (NIMH, 2016). They are caused by a combination of genetic, biological and psychosocial factors and occur across gender, age, cultural, ethnic and socioeconomic groupings.

National Clinical Programme for Eating Disorders

In January 2018, the HSE published a National Model of Care for Eating Disorders (MOC) in partnership with College of Psychiatrists' of Ireland and Bodywhys. In the absence of a pre-existing dedicated eating disorder infrastructure or strategy, this Model of Care document has been developed in order to guide the provision of high quality, accessible and value for money eating disorder services in Ireland across the lifespan. Key recommendations include the development of a national network of dedicated eating disorder teams embedded within the mental health service, a stepped model of outpatient, day patient and inpatient care provision based on clinical need, and the development of a skilled, trained workforce. In the context of the significant physical morbidity associated with eating disorders, this Model of Care also recommends a strong significant physical morbidity associated with eating disorders, this Model of Care also recommends a strong integration between primary care, mental health services and medical teams, including the bridging of the acute hospital hospital and mental health service divide through mutual clinical commitments and shared pathways.

The NCPED has published its annual data on the HSE website for the community specialist eating disorder teams. The data includes: number of referrals, assessments and numbers of those commenced treatment.



Please see table below outlining data from 2020 – 2022

Year	Referrals	Assessments	Commenced treatment
2020	228	150	138
2021	504	301	278
2022	435	227	205

In the period 2018-2022 the total number of referrals to specialist eating disorder teams was 1,370 with 833 assessments completed and 54% commencing evidence based treatment with 4 weeks and 76% within 8 weeks.

Community Services

In addition to specialist eating disorder teams, adults with eating disorders can access treatment from their local community mental health teams. There are currently 112 adult community mental health teams nationwide. Children and adolescents with eating disorders can access treatment through CAMHS community teams. Currently, there is no national data base for numbers treated by community Child and Adolescent Mental Health Teams or General Adult Mental Health Teams.

Inpatient Services-Adult

Adults with eating disorders can be admitted to any approved centre across the HSE for care and treatment. Acute inpatient data is collected by the Health Research Board (HRB). The National Psychiatric In-Patient Reporting System (NPIRS) gathers data on patient admissions and discharges from psychiatric hospitals and units throughout Ireland, which are on the Register of Approved Centres under the Mental Health Act 2001.

The data below, provided by the HRB, outlines the number of adults aged 18 years and over who were admitted to public (HSE/HSE-funded) psychiatric units and hospitals with a primary admission diagnosis of eating disorders from 2019-2022.

Number of admissions for adults (18 years +) to public psychiatric units and hospitals 2019-2022 with a primary admission diagnosis of Eating Disorders	
Year	No. Of Persons
2019	38
2020	37
2021	50
2022	48
*Acute units only	
Source: National Psychiatric In-patient Reporting System (NPIRS), Health Research Board	
© Health Research Board 2019-2022	

**** Please note the information above has been provided by the HRB.**

The NPIRS should be acknowledged in any publication where NPIRS data is used.

Any further queries or requests for information should be directed to the HRB directly.

Inpatient Services- Children

Children and adolescents with an eating disorder diagnosis who require inpatient treatment can be referred to one of the CAMHS inpatient approved centres. Referrals are reviewed individually to determine the likely clinical benefits of admission as well as possible other treatment alternatives.



There are 4 CAMHS Units across the HSE; Linn Dara Approved Centre, Dublin, St Josephs Approved Centre in Dublin, Eist Linn Approved Centre in Cork and Merlin Park Approved Centre in Galway. Specialist eating disorder beds are available in Merlin Park Galway and Linn Dara AC.

The table below provides a breakdown of admissions for Eating Disorders for each of the four CAMHS Inpatient units. This includes patients' with a diagnosis of:

- F50.0 Anorexia Nervosa
- F50.1 Atypical Anorexia Nervosa
- F50.2 Bulimia Nervosa
- F50.3 Atypice Bulimia Nervosa
- F50.9 Eating Disorder Unspecified
- Avoidant Restrictive Food Intake

Year	Linn Dara, Dublin	Eist Linn, Cork	Merlin Park, Galway	St. Joseph's Unit, Fairveiw	Total
2019	17	4	7	4	32
2020	19	4	32	10	65
2021	28	9	21	19	77
2022	18	6	12	11	47
Total	82	23	72	44	221

Please Note:

*In 2020 Merlin Park had 19 readmissions of the same patient

Further information on the National Clinical Programme for Eating Disorders can be found here: [Eating Disorders - HSE.ie](https://www.hse.ie/eng/about/who/cspd/ncps/mental-health/eating-disorders/data-infographics/) and here

<https://www.hse.ie/eng/about/who/cspd/ncps/mental-health/eating-disorders/data-infographics/>

Further information on HRB data analysis and various publications can be found here:

<https://www.hrb.ie/> and here

I trust this information is of assistance to you.

Yours Sincerely,

Paul Braham
Senior Operations Manager (Area DON)
National Mental Health Services