National Clinical Programme for Eating Disorders







80%+ successful recruitment **10** Consultant Psychiatrists 6 new teams started in 2023



669 Referrals

♠ **50%** with more access **10%** from acute hospitals **29%** from GP 59% from other MHS



Twice as many assessments

449 (2023) v 227 (2022) 90% female (1 in 10 male) 66% under 18 years **38%** 15-17 years old 302 case consultations



385 had an eating disorder 200 more diagnoses than in 2022

60% Anorexia Nervosa (234) 15% Bulimia Nervosa (36) **17%** OSFED (65) 9% ARFID (21) 4% Binge Eating Disorder (14)



Skilled Workforce

Active Training, **Education & Supervision** Progamme in evidence based treatments



Self Care App

2.400 users **53,000** page views Expanding Services in 2023



Integrated Care

Emergency Medicine guidelines launched

Consultant paediatricians/ physicians recruited



368 started treatment

270 offered Evidence Based treatment (FBT/CBT-E / MANTRA/SSCM/Group therapy)



Complexity

Anxiety and Depression commonest mental health co-morbidity

Capacity

Total of **406** children, adolescents and adults with eating disorders attending NCPED teams at end of 2023.



Early Intervention / Access Times

57% (257) **77%** (347) assessed < 4 weeks

assessed <8 weeks

68% (253) **84%** (312) started treatment started treatment < 4 weeks after <8 weeks after assessment assessment



Discharges

343 discharged almost half/1 in 2 to GP



Partnership with BodyWhys

1,100+ families/carers attended support programmes **30** workshops delivered