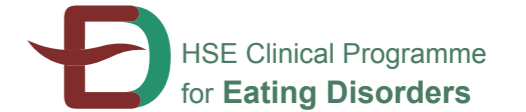



# National Clinical Programme for Eating Disorders





### Recruitment

**11** Community Eating Disorder Teams operational during 2024  
**90+** clinicians  
**3** more teams planned in 2025




### 894 Referrals

⬆️ **33%** increase with more access  
**8%** from acute hospitals  
**34%** from GP  
**55%** from other MHS  
 ⬆️ **24%** rise in accepted referrals



### 25% Increase assessments

**562** (2024) v 449 (2023)  
**90%** female  
**59%** under 18 years  
**33%** 15-17 years old  
**51%** more adults accessing assessment




### 503 had an eating disorder 118 more diagnoses than in 2023

**63%** Anorexia Nervosa (318)  
**19%** OSFED (97)  
**8%** Bulimia Nervosa (42)  
**3%** ARFID (16)  
**2%** Binge Eating Disorder (10)



### Skilled Workforce


Active Training, Education & Supervision Programme in evidence based treatments



### Self Care App


**25,000** page views  
**5,904** users  
**Tuesday** – busiest day

## 2024 Building Momentum




### Discharges

**380** discharged  
**1 in 2** to GP



### 410 started treatment


**358** offered Evidence Based Treatment (FBT/CBT-E/MANTRA/SSCM/Group therapy, MFT)



### Capacity


**19%** increase from 2023

Total of **483** children, adolescents and adults with eating disorders attending NCPED teams at end of 2024.



### Early Intervention: Access Times Improving

**62%** (352) assessed <4 weeks  
**90%** (369) started treatment within 4 weeks of assessment  
**80%** (447) assessed <8 weeks



### Integrated Care

National Paediatric Guidelines for Anorexia nervosa published  
 Continued recruitment of paediatricians/physicians



### Partnership with BodyWhys

**1,140** attended family/carer support groups  
**27** workshops delivered