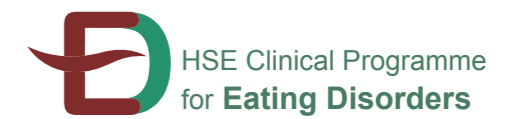


National Clinical Programme for Eating Disorders



Recruitment

11 Community Eating Disorder Teams operational during 2025
3 more teams in active recruitment funding for **2** further teams in 2026
110 + clinicians



915 Referrals

Demand maintained
11% from acute hospitals
44% from GP
43% from other MHS



600 Assessments

90% female
1 in 3 age 15-17 yrs
78% under 25 years
250 consultations to other MHS



More people diagnosed with an eating disorder (534)

56% Anorexia Nervosa (303)
26% OSFED (142)
8% Bulimia Nervosa (43)
6% ARFID (31)
3% Binge Eating Disorder (15)



Capacity

Total of **475** children, adolescents and adults with eating disorders attending NCPED teams at end of 2025



Self Care App

1847 new users
34.7k page views

Sustaining Capacity in 2025



Discharges

549 discharged
1 in 2 to GP



13% more started treatment (464)

408 offered Evidence Based Treatment (FBT/CBT-E /MANTRA/SSCM/Group therapy)
38 families attended Multi-family Therapy for Anorexia Nervosa



Skilled Workforce

Active Training, Education & Supervision Programme in evidence based treatments
New MANTRA supervision
Delivered Family Based Therapy Training for Anorexia Nervosa to **250+** clinicians



Early Intervention

54% (324) assessed <4 weeks
75% (450) assessed <8 weeks
70% (326) started treatment within 4 weeks of assessment



Integrated Care

Continued Development of Colloborative Care Pathways



Partnership with BodyWhys

1,165 families/carers attended range of support programmes and workshops