

Key Findings

Participation of Teams



- ▶ **209 eligible services** in England were identified, comprised of **297 teams**
- ▶ **97% of teams registered** to take part in the audit

NHS England and Private Provision



- ▶ **78%** of all eating disorders teams are **NHS-delivered**
- ▶ **42% of adult** and **27% of CYP inpatient** services are delivered by **private providers**

Provision across ICBs



- ▶ **100%** of ICBs have at least one team delivering **CYP and adult community care**
- ▶ **Inpatient services** are specially commissioned and typically delivered across multiple ICBs

Children and Young People (CYP) and Adult Team Provision



- ▶ **93 CYP community** teams and **69 adult community** teams identified in England
- ▶ **54 inpatient CYP teams** – mostly based in general adolescent units – and **33 inpatient adult teams** located in dedicated eating disorder inpatient units, identified in England
- ▶ Nationally, **adult community** teams have **1.89** people on their caseload for every **1** patient open to **CYP** teams. This means **adult community** teams face an **89% higher demand***

Access and Waiting Times



- ▶ The national median wait for **CYP community care** is **14 days for assessment** and **4 days for treatment**, with **waiting times of up to 450 days**
- ▶ The national median wait for **adult community care** is **28 days for assessment** and **42 days for treatment**, with **waiting times of up to 700 days**
- ▶ **15%** of community adult teams **accept self-referrals** compared to **62%** of CYP teams

Provision for Eating Disorder Diagnoses



- ▶ **Binge eating disorder (BED)** is treated by **63%** of CYP teams, **55%** of adult teams, and **94%** of all age teams
- ▶ **Avoidant restrictive food intake disorder (ARFID)** is treated by **48%** of CYP teams, **29%** of adult teams, and **25%** of all age teams

Shared Care Protocols



- ▶ **36%** of teams have **shared care protocols** for **psychiatric comorbidities** and **35%** for **physical comorbidities**

NICE-Recommended Psychological Therapies in Community Teams



- ▶ **85%** of CYP and **90%** of adult teams offer cognitive behavioural therapy for eating disorders (CBT-ED)
- ▶ **86%** of **CYP teams** offer **family therapy** for eating disorders (FT-ED)
- ▶ **62%** of **adult teams** offer **guided self-help**

* This number is not adjusted for population or team size.