

25 November 2025

Eating Disorder Service

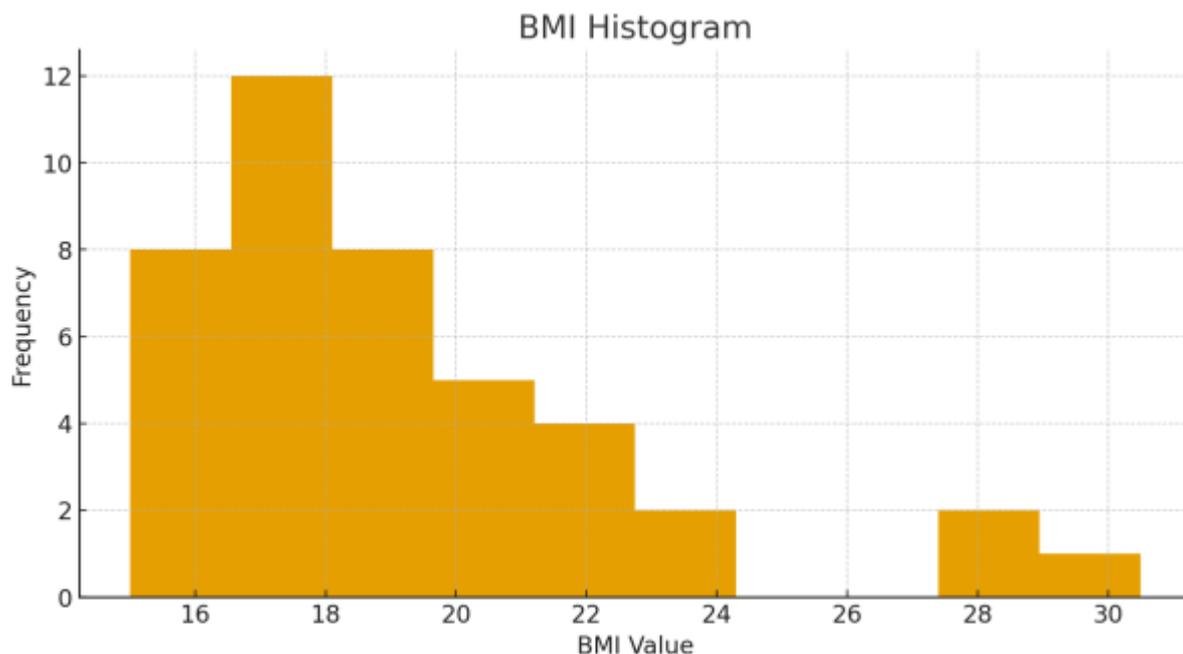
Adult Eating Disorder response

For your adult eating disorder service from January 2025-November 2025 what were the BMI of inpatients and community patients with an eating disorder at the time they were discharged?

There were 53 discharges from Community Eating Disorder Service within the period above.

Some of those discharges were as a result of non-attendance despite assertive and repeated attempts to engage – therefore no BMI was ever made available to us. Several others were after a prolonged period of non-attendance and a final prompt to discharge after a 14-day letter. Again, no BMI was available at the end of said period. On review of each of these examples none of said patients had a BMI under 15 – taking that information either from their original referral, or from the last point of contact.

The mean BMI at discharge was 19.25.



For your adult eating disorder service in 2025 how many inpatients and community patients with an eating disorder were discharged with a BMI of under 15?

No patients for the Belfast/South-Eastern Trust Adult Eating Disorder Service were discharged in 2025 with a BMI under 15.

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At point of discharge if patients had a BMI of under 15, or equivalent to weight for height of less than 75, where were your patients discharged to between January 2025 and November 2025? (for both adults and children)

Please see above.

In your adult and children's eating disorder service what treatment is offered to inpatient and community patients who had a BMI of under 15, or equivalent to weight for height of less than 75 between January 2025 and November 2025?

The treatment provision offered to patients is not differentiated based exclusively on their BMI. The Adult Eating Disorder Service is in line with the You In Mind pathway in terms of its commissioning profile and follows the recommendations laid out by NICE regarding therapeutic interventions. In addition, we hold accreditation with the Royal College Of Psychiatrists QED (Quality Standards for Community Eating Disorder Services). If someone represents a higher physical risk because of their low BMI the service would act in accordance with the MEED (Managing Emergencies in Eating Disorder) Guidance as published by the Royal College of Psychiatrists.

Community CAMHS response

For your Children's eating disorder service what was the weight for height percentage of community patients with an eating disorder at the time they were discharged between January 2025 and November 2025?

No weight for height taken as not clinically indicated/ referral was for consultation only– 19%
75% to 80% - 4%
80% to 85% - 4%
85% to 90% - 16%
90% to 95% - 21%
95% to 100% - 6%
Above 100% - 27%

For your Children's eating disorder service in 2025 how many community patients with an eating disorder were discharged at a weight for height of less than 75?

0

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At point of discharge if patients had a BMI of under 15, or equivalent to weight for height of less than 75, where were your patients discharged to between January 2025 and November 2025? (for both adults and children)

0

In your adult and children's eating disorder service what treatment is offered to inpatient and community patients who had a BMI of under 15, or equivalent to weight for height of less than 75 between January 2025 and November 2025?

Patient with weight for height below 75% and diagnosis of an eating disorder – Assessed and accepted to CAMHS Specialist Eating Disorder Youth Service and offered range of interventions - meal planning, support with weight restoration, physical health monitoring, psychological work with child and family in line with NICE guidelines.

Patients with weight for height below 75% and no diagnosis of eating disorder – Assessed by Specialist CAMHS Eating Disorder Youth Service and onward referral to other more appropriate services (for example: Community Dietetics, Paeds, Autism Services, Core Step 3 CAMHS), advice provided on importance of weight restoration, initial physical monitoring if appropriate and initial dietary advice/ goals