



Our Ref: PW/KJJ/FOI/0125/1156

6th February 2025

Sent by email

Stafford Education & Enterprise Park
Weston Road
Stafford
ST18 0BF

Telephone: 0300 123 1461

Dear

FOI-0125/1156

Your request for information under the Freedom of Information Act 2000

Thank you for your request for information received on 22nd January 2025. We can confirm that the Staffordshire and Stoke-on-Trent Integrated Care Board can provide the following information.

An anonymised copy of this response will be made publicly available on the ICB website.

1. What provision do you have for the population in your ICB area for the assessment, diagnosis and treatment of Arfid in children and young people?

At present, a restrictive/disordered eating pathway is in the process of being developed to better meet the needs of individuals requiring specialised support in this area. While this pathway is under development, care is being provided by the Child and Adolescent Mental Health Services (CAMHS). CAMHS is currently offering support and guidance to address the challenges related to restricted eating, and they continue to monitor demand. The support is offered to children already open to CAMHS for co-occurring needs. CAMHS do not currently accept referrals for ARFID support on its own.

2. What provision do you have for the assessment, diagnosis and treatment of Arfid in adults?

NSCHT does not have a specific ARFID pathway for adults, and the adult eating disorder team neither accepts ARFID referrals nor is commissioned to treat it. However, MPFT can assess, diagnose, and treat ARFID through CBT-AR, and they have a treatment pathway in place. While this service is still under development to become more comprehensive, MPFT currently provides and accepts ARFID referrals.

3. Do you fund specialist services for Arfid?

The funding allocated to trusts has been shared across the broader Child and Adolescent Mental Health Services to support overall demand. This funding has been appropriately proportioned to address the general needs within CAMHS, however, it has not been specifically earmarked for ARFID provision. As a result, while the funding supports CAMHS services, it is not designated exclusively for ARFID-related care.

4. How many children and young people under your ICB have been diagnosed with Arfid in the last year (2024)

We do not hold this information. Please redirect to the below providers:

Midlands Partnership University NHS Foundation Trust: foi@mpft.nhs.uk

North Staffordshire Combined Healthcare NHS Trust: FOIRequests@combined.nhs.uk

5. How many adults under your ICB have been diagnosed with Arfid in the last year (2024)

We do not hold this information. Please redirect to the below providers:

Midlands Partnership University NHS Foundation Trust: foi@mpft.nhs.uk

North Staffordshire Combined Healthcare NHS Trust: FOIRequests@combined.nhs.uk

6. How many children and young people did you send out of area in 2024 to explore suspected Arfid, receive Arfid treatment or a diagnosis?

We have no records on our system for Arfid

7. How many adults did you send out of area in 2024 to explore suspected Arfid, receive Arfid treatment or a diagnosis?

We have no records on our system for Arfid

8. How many children under your ICB have been diagnosed with Arfid in each of the last five years? - 2020, 2021, 2022, 2023 (2024 will be answered above) We have no records on our system for Arfid

9. How many adults under your ICB have been diagnosed with Arfid in the last 5 years? (2020, 2021, 2022, 2023, 2024) We have no records on our system for Arfid

10. Do you have a statement about your stance on Arfid or examples you would like to share of action you are taking to provide services in this area? (eg piloting Arfid services, any specialists in Arfid or research you are undertaking)

In the future, the ICB plans to ensure the management of Avoidant/Restrictive Food Intake Disorder (ARFID) is supported by professionals who can provide specialised care and support to address the complexities associated with this condition. Specialists will work closely with the individual to assess needs, develop treatment plans, and ensure appropriate interventions are in place. This ensures that the person receives the necessary care to best support their well-being and recovery.

The intention behind developing the restrictive/disordered eating pathway is to ensure that a comprehensive and more tailored approach is available in the future, providing continued high-quality care. In the meantime, CAMHS is working closely with the relevant professionals to ensure that there are no gaps in support during this period.

To request an internal review

You can request an internal review by contacting the Staffordshire and Stoke-on-Trent ICB FOI team by emailing; staffsstokeFOI@staffsstoke.icb.nhs.uk or by post to the address at the top of this letter within 40 working days of the initial response.

If you are not content with the outcome of your internal review, you may apply directly to the Information Commissioner's Office (ICO) for a decision. Generally, the ICO cannot make a decision unless you have exhausted the Staffordshire and Stoke-on-Trent Integrated Care Board's FOI complaints procedure.

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The ICO can be contacted at:

Information Commissioner's Office
Wycliffe House
Water Lane
Wilmslow
Cheshire
SK9 5AF

www.ico.gov.uk

Yours sincerely

Paul Winter
Associate Director of Corporate Governance