

Reference:	FOI.20544.26
Subject:	Eating Disorder Service (EDS)
Date of Request:	28 May 2026

Requested:

1. What training staff in the Hywel Dda Eating Disorder Service (EDS) have in diagnosing and treating Avoidant Restrictive Food Intake Disorder (ARFID).
2. What diagnostic criteria do the EDS use when investigating / diagnosing ARFID (e.g. DSM-5, ICD-11, BEAT website etc)?
3. What treatment pathways are there for ARFID in the Hywel Dda health board area, for Children and Young People (17 or below) and adults (18 or over)?

Response:

1. Staff within Hywel Dda University Health Board's (UHBs) adult EDS and Child and Adolescent Mental Health Service (CAMHS) undertake training for Avoidant Restrictive Food Intake Disorder (ARFID) as part of their core qualifications.

Both the adult and CAMHS EDS are multi-disciplinary services which include Psychiatrists and Advanced Nurse Practitioners (ANPs), who are trained in clinical judgement and holistic formulation and their application to the diagnosis and treatment of mental health disorders. Further training and updates are undertaken as part of Continuous Personal Development (CPD), in order to maintain current research-based practice. Several other clinicians within the adult EDS have undertaken additional training in the signs and symptoms of ARFID.

2. The UHB's CAMHS EDS is not currently diagnosing ARFID, as it does not have a Multi-Disciplinary Team (MDT). However, both the adult and CAMHS EDS use the DSM-5 and ICD-11 criteria.
3. The UHB's CAMHS EDS has an ARFID team which includes a Dietitian and Occupational Therapist (OT), with a Psychologist due to commence in November 2026. The team provide consultations, assessments and treatment, jointly with other relevant teams across the UHB. The adult EDS does diagnose ARFID; however, it does not provide treatment, professional consultation and referral to other relevant services is provided.

During the initial assessment across both the adult and CAMHS EDS, if ARFID symptoms are identified, the case is discussed in an EDS Multi-Disciplinary Team (MDT) meeting, consisting of colleagues from Dietetics, ANPs, a Psychologist and a Psychiatrist, where medical risks are considered.

Patients with ARFID symptoms are signposted to appropriate education materials, self-help resources and the BEAT Eating Disorders website. Where agreed, patients can be referred onwards to the Integrated Psychological Therapies Service (IPTs), Local Primary Mental Health Support Service (LPMHSS) or Community Dietetics, where appropriate.