

15 February 2021

Susan Strongman



WHANGANUI
DISTRICT HEALTH BOARD

Te Poari Hauora o Whanganui

100 Heads Road, Private Bag 3003
Whanganui 4540, New Zealand

Via email: Susan.Strongman@rnz.co.nz

Dear Susan

Official Information Act Request - OIA 13320 re Eating Disorders

On 19 January 2021, under section 12 of the Official Information Act, you requested the following information from Whanganui District Health Board (WDHB):

*The pathway to access specialised eating disorder care within the DHB.

*Broken down by age and sex, the current number of people awaiting treatment for eating disorders via that pathway - i.e. through the DHB mental health team, or specialist treatment facility.

*The number of people admitted to hospital (including paediatric hospitals or wards) with an eating disorder or a suspected eating disorder, broken down by name of facility, age and sex, between January 1, 2010 and December 31 2020.

*The number of people who have accessed specialised eating disorder services between January 1 2020 and December 31 2020, by inpatient or outpatient status, sex and age.

*If not available within the DHB catchment area, where can patients access publicly funded, specialised eating disorder care?

*If eating disorder treatment services are contracted out and/ or delivered by primary health care providers, please provide the name of the organisation delivering the service.

Please contact me if any of these queries require refinement.

The information sought in this request is to be used as part of a report by RNZ into eating disorders in New Zealand. As the information will be used to ensure a greater understanding of the issue, I ask that any fee is waived.

It is understood elements of the requested information might not be considered public information. If this is the case, I would ask each element is considered separately, described as best it can be and reasons for any information being declined being set against the information sought.

Whanganui District Health Boards response:

- **The pathway to access specialised eating disorder care within the DHB.**

Any referrals received by the eating disorder keyworker are processed by a triage clinician. The current criteria are Anorexia Nervosa and Bulimia Nervosa (case by case). We do not work with people with a Binge Eating Disorder.

Chief Executive | Phone 06 348 3140 | Fax 06 345 9390

The WDHB has noticed an increased demand on services which has meant we have had to review the triage process. Automatically accepted are those with Anorexia Nervosa. The current Body Mass Index (BMI), rate of weight loss, age of the person, duration of their eating related difficulty and their circumstances e.g. living independently or with family, are particularly relevant. Young persons with a short duration of changes tend to benefit most from input and they may benefit in early assertive intervention.

Bulimia Nervosa is common and, in most cases, may be managed by stepped care e.g. a single specialist consultation and dietitian input and then followed by ongoing primary care. Frequent comorbidity with emotional dysregulation is common and can be managed as is usual for this condition, without involvement of secondary services.

It is likely that Binge Eating Disorder will no longer be covered by the specialist eating disorder service and may be triaged to general mental health services when there are other mental health needs such as trauma-related conditions, requiring secondary service input.

The above is necessary to provide service provision to those likely to receive most benefit from the service, with providers practicing at top of scope.

- **Broken down by age and sex, the current number of people awaiting treatment for eating disorders via that pathway - i.e. through the DHB mental health team, or specialist treatment facility.**

We currently have no persons awaiting treatment for Eating Disorder

- **The number of people admitted to hospital (including paediatric hospitals or wards) with an eating disorder or a suspected eating disorder, broken down by name of facility, age and sex, between January 1, 2010 and December 31 2020.**

Facility	Year	Age	Sex	Volume
Whanganui Hospital	2010	15-19 yrs	F	1
Whanganui Hospital	2011	75-79 yrs	F	1
Whanganui Hospital	2011	20-24 yrs	F	1
Whanganui Hospital	2012	15-19yrs	F	1
Whanganui Hospital	2013	10-14 yrs	F	2
Whanganui Hospital	2013	30-34 yrs	F	1
Whanganui Hospital	2018	15-19 yrs	F	1
Whanganui Hospital	2018	19 yrs	M	1
Mental Health Hospital Whanganui	2018	15-19 yrs	F	1
Whanganui Hospital	2019	15-19 yrs	F	1
Mental Health Hospital Whanganui	2020	25-29 yrs	F	2
Mental Health Hospital Whanganui	2020	45-49 yrs	F	4

- **The number of people who have accessed specialised eating disorder services between January 1 2020 and December 31 2020, by inpatient or outpatient status, sex and age.**

32 people - 30 females and 2 males

Age range:

12-18 years = 16

20-40 years= 14

48-58 years = 2

- **If not available within the DHB catchment area, where can patients access publicly funded, specialised eating disorder care?**

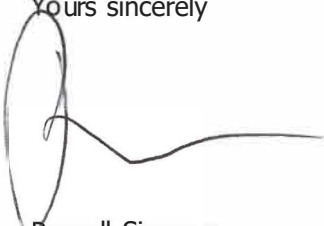
The Whanganui District Health Board is the only publicly funded and specialised resourced eating disorder service in the Whanganui and rural district.

If eating disorder treatment services are contracted out and / or delivered by primary health care providers, please provide the name of the organisation delivering the service.

Central Regional Eating Disorder Service.

Should you have any further queries about the above information, please contact our OIA co-ordinator Anne Phoenix at anne.phoenix@wdhb.org.nz

Yours sincerely

A handwritten signature in black ink, consisting of a large, loopy initial 'R' followed by a long, horizontal, wavy line.

Russell Simpson
Chief Executive