



Central and
North West London
NHS Foundation Trust

Prevention and Early Intervention Eating Disorders Grant Scheme 2023/24



Grant funding has been made available to support early intervention and prevention for eating disorders

Through funding from the North London Adult Eating Disorder Provider Collaborative – we are investing in colleges/universities and VCSE organisations to deliver programmes that address:

- **Self-esteem**
- **Pressures to conform** to sociocultural appearance ideals
- **Body dissatisfaction**
- Media and **social media literacy**
- **Dieting** and **body change behaviours**
- **Support for parents/carers** to prevent eating disorders



£370k has been made available across CNWL – with approx **£65k grants** for each borough



The grants will be **managed in partnership** with local youth foundations



Increased focus on **under-represented groups** and signposting to the **new early-help ED service (STRIDES)**

There is flexibility in the way the funding can be used and it can be used to address a wide range of support needs

1 Awareness raising

Campaigns to raise awareness and shift perceptions on eating disorders – this may be for young adults, parents/carers or staff.

2 Provision of mental health support

Provision of early mental health support tailored to the needs of those more at risk of eating disorders – this may include peer support or more targeted support which is culturally/racially sensitive.

3 Outreach and engagement

Provision of clubs/groups or upskilling professionals in existing spaces to be more aware of eating disorders and how to support young adults who may be at risk of developing eating disorders.

4 General wellbeing support

Support for body image, exam stress, perfectionism, social media awareness, cooking and eating for health and any other needs.

*It may be worth thinking about any particular group or demographic that is **more at risk or less represented** as a focus for your proposals. This might include **young men, non binary adults** (who may be struggling with body image), **Black and Asian young adults**, those with **bulimia or binge eating disorders** or any other group.*

Here are some of the projects that have already been funded and what they're aiming to do



Expanding existing services to cover eating disorders

An expansion of an existing service for self-harm to focus on young adults with disordered eating through arts-based psychotherapy and peer support to reduce stigma and shame around eating.



Physical activity to promote an active lifestyle

Provision of non-contact boxing focused on promoting an active lifestyle combined with mentoring for issues around self-esteem and confidence. This also included access to a nutritionist/dietician to offer individual or group support.



Weekly café session for young girls

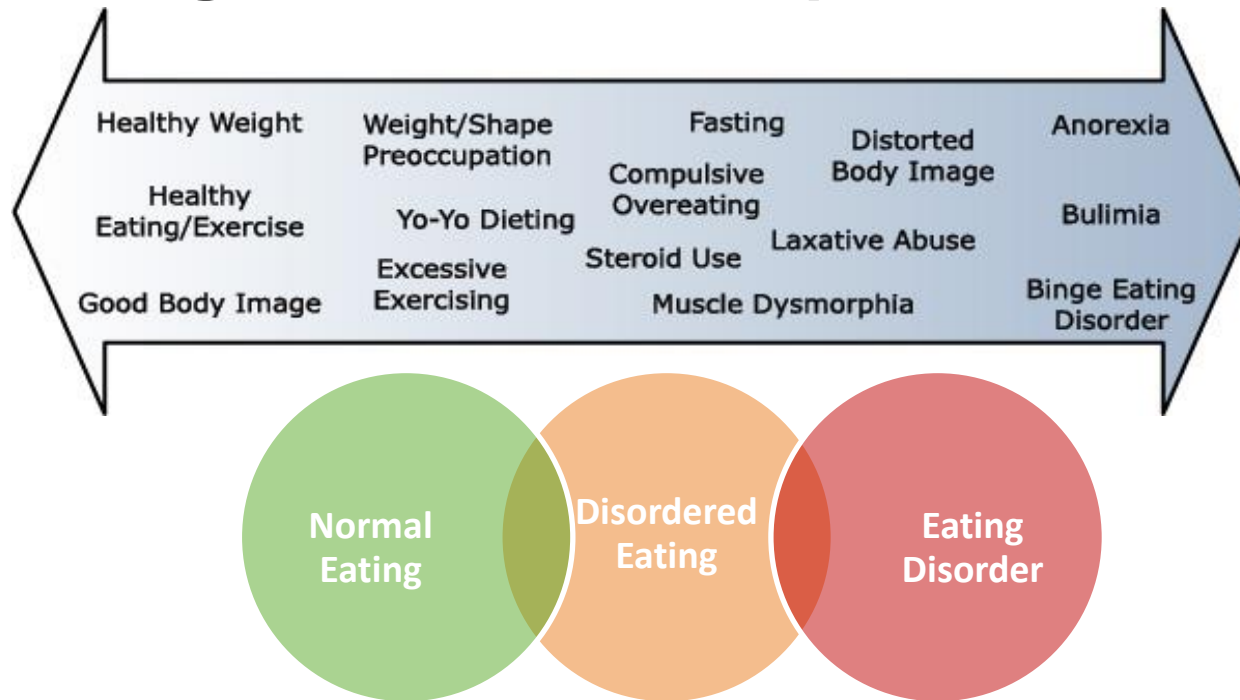
Weekly session held in a local space to create a community and provide an ongoing space for discussion and activities – highlighting the importance of body confidence and awareness around eating disorders and unhealthy eating habits.



Recruitment of new roles to support eating disorders

To employ a full-time role within the Student Mental Health Intervention Team to focus on supporting students with eating disorders.

Eating disorders on a spectrum



Normal eating

- Flexible.
- Varies in response to emotions, schedule, hunger and proximity to food.
- Being able to eat when you're hungry and continue eating until you are satisfied.
- Being able to choose food you like.
- Overeating and undereating at times.
- Giving yourself permission to eat something because you're happy, sad or bored, or just because it feels good.
- Takes up some time and attention, but it keeps its place as only one important area of your life.
- Eating a varied range of foods to get all required nutrients



Disordered eating

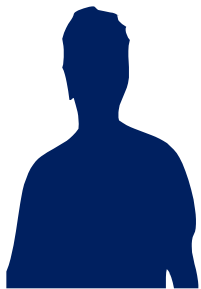
- A variety of abnormal eating behaviours that, by themselves, do not warrant diagnosis of an eating disorder.
- However, disordered eating behaviours are risk factors for the development of an eating disorder.
- Can be distressing/impairing
- Signs and symptoms of disordered eating include:



- Frequent dieting, anxiety associated with specific foods or meal skipping
- Rigid routines surrounding food and exercise
- Feelings of guilt and shame linked to eating
- Preoccupation with food, weight and body image
- Strategies to "make up for bad foods"

Eating disorders

- Abnormal eating habits that negatively affect a person's physical or mental health and impacts on their psychological and social functioning.



Most
well-
known:

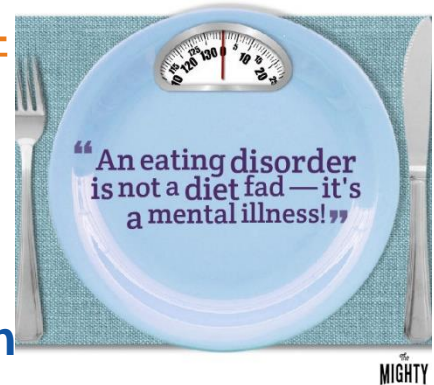
- Anorexia nervosa
- Bulimia nervosa

Most
common:

- Other specified feeding and eating disorders
- Unspecified feeding and eating disorders

ED - Myths

- <https://www.beateatingdisorders.org.uk/get-information-and-support/about-eating-disorders/eating-disorder-myths/>
- <https://www.nationaleatingdisorders.org/toolkit/parent-toolkit/eating-disorder-myths>
- **Myth: Eating disorders are a choice**
- **Myth: Parents are to blame for their loved one's eating disorder**
- **Myth: Eating disorders are someone being vain and seeking attention**
- **Myth: Someone must be underweight to have an eating disorder**
- **Myth: Eating disorders only happen to young girls**
- **Myth: Eating disorders are a diet that has gone wrong**
- **Myth: People can't recover from the illness - it's in their genes**



Anorexia nervosa

- Persistent restriction of energy intake leading to significantly low body weight
- Intense fear of gaining weight or becoming fat or persistent behaviour that interferes with weight gain.
- Disturbance in the way one's body weight or shape is experienced or persistent lack of recognition of the seriousness of the current low body weight.

Underweight



Bulimia nervosa and binge eating disorder

What is a binge?

- Individual consumes an **unusually large amount of food** in a **discrete period of time** and experiences a **sense of loss of control** over eating.

Common types of compensatory behaviour

- Self induced vomiting, laxative misuse, diet pills, diuretics, excessive exercise, fasting / restriction, omission of medication e.g insulin

Bulimia Nervosa:

- Binge episodes and compensatory behaviour at a minimum of x1/week, on average over a 3-month period

Binge Eating Disorder

- Without the inappropriate compensatory behaviour required for a diagnosis of bulimia, however marked distress at the binge is present

Typically
non-underw



Other Specified Eating Feeding or Eating Disorder (OSFED)

Atypical Anorexia Nervosa

- All criteria are met, except significant weight loss

BN of low frequency or limited duration

- Criteria for BN are met but binge/purge is < 1 x week or < 3 months duration.

BED of low frequency or limited duration:

- Criteria for BED are met, except binges < 1 x week or < 3 months duration

Purging disorder:

- Purging in the absence of binge eating

Typically non-underweight



STRIDES fundamentals

Age: 16-35 years (piloting)

- YA focus; links to CNWL 16-25 project
- Service user involvement

Criteria: Mild to moderate ED

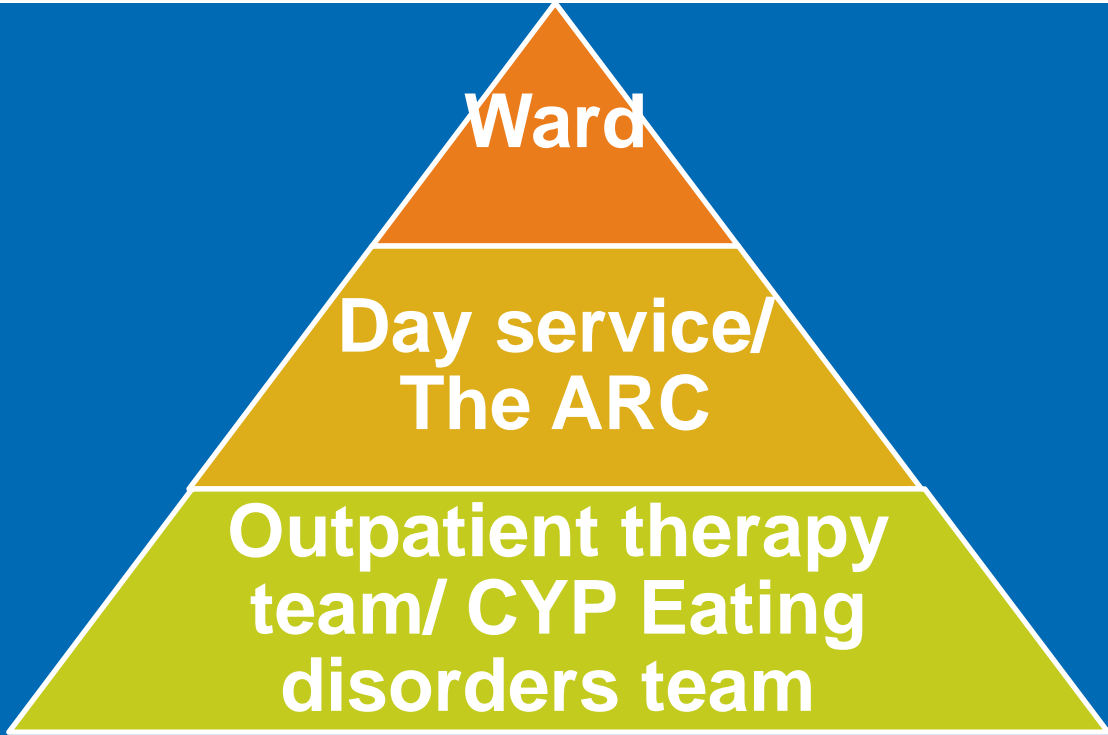
- No threshold to access barriers
- Promote detection and access

Location: 5 x CNWL boroughs

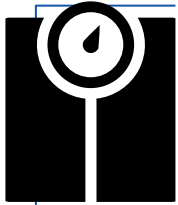
- Close to home; choice of locations
- Build community partnerships

Aim: Reduce duration of untreated illness

- Short referral to treatment times
- Evidence-based interventions delivered promptly



Risk based inclusion criteria for STRIDES



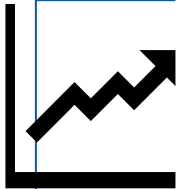
BMI > 17 kg/m²

- No recent loss >0.5kg a week for 2 weeks in someone BMI <18.5kg/m² or extremely rapid weight loss at any BMI.



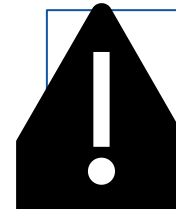
Does not use laxatives/diet pills/diuretics/self-induce vomiting to excess

- Limit of one episode daily



Not under secondary/tertiary mental health services

- Not under drug & alcohol teams



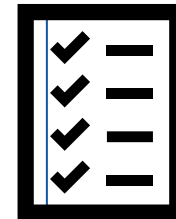
No active suicide plans or DSH requiring medical attention in the last 12 months

- No eating disorder admission in the last 12 months



Does not have type 1 diabetes; if type 2 this is well controlled

- No other comorbid health condition with significant interaction with eating disorder



If blood results are known, does not have abnormal electrolytes

How to refer:

- [STRIDES: Support to Recovery in Disordered Eating Service \(cnwl.nhs.uk\)](https://cnwl.nhs.uk)
- Other resources:
- [FREED Service - YouTube](#)
- [The UK's Eating Disorder Charity - Beat \(beateatingdisorders.org.uk\)](https://beateatingdisorders.org.uk)