

3rd March 2021



Dear 

Official Information Act Request for – Eating Disorders

I write in response to your Official Information Act request received by us 19th January 2021, you requested the following information:

- 1. The pathway to access specialised eating disorder care within the DHB.**
- 2. 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.**
- 3. 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.**
- 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.**
- 5. If not available within the DHB catchment area, where can patients access publicly funded, specialised eating disorder care?**
- 6. 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.**

On 17th February 2021, we notified you that an extension to the timeframe was necessary and that we would provide this response to you by 26th February 2021.

Counties Manukau Health Response:

For context Counties Manukau Health (CM Health) employs over 8,500 staff and provides health and support services to people living in the Counties Manukau region (approx. 601,490 people). We see over 118,000 people in our Emergency Department each year, and over 2,000 visitors come through Middlemore Hospital daily.

- 1. The pathway to access specialised eating disorder care within the DHB.**
Auckland District Health Board runs the regional specialist eating disorder service, Tupu Ora. Tupu Ora's services include outpatient treatment, a day programme and a residential Eating

Disorder Unit. Tupu Ora also provides consultation and liaison support to both secondary and primary health care in the Auckland/Northland Regions, as well as specialist training.

The pathway for referral to Tupu Ora is that a client is first referred to their local secondary mental health service for a comprehensive triage and assessment process. Some clients are then referred on to Tupu Ora for specialist treatment, while others are able to receive specialist treatment in their secondary mental health service.

2. 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.

Table 1 and 2 below reflect those awaiting treatment at CM Health. Due to privacy reasons we have provided the information in age band categories to protect the privacy of individuals, stating the exact number may make the individuals identifiable. Withholding to protect the privacy of individuals is permitted under section 9(2)(a) of the Official Information Act 1982.

Youth Females (<18) Awaiting Treatment	
Age	Number awaiting treatment
<15	12
<18	8
Total	17

Table 1: Source Mental Health

Adult Females (>18) Awaiting Treatment	
Age	Number awaiting treatment
19 -29	7
>30	5
Total	15

Table 2 Source: Mental Health

3. 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.

Table 3 below is a breakdown of clients accessing CM Health where eating disorder was the primary or secondary reason of accessing services between the 1 January 2010 and 31 December 2020. Table 4 is a breakdown of where services were being provided noting Tiaho Mai is a MH&A Inpatient Unit whereby by a client with a secondary eating disorder diagnosis can be admitted with a primary mental health and addiction disorder. A client with eating disorder and increased risks would be referred to Tupu Ora, the Regional Eating Disorder Service or directly to the hospital if medically compromised.

Year	F	M
2010	94	105
2011	159	123
2012	58	41
2013	85	26
2014	63	9
2015	266	185
2016	175	149
2017	348	315
2018	112	27
2019	94	14
2020	129	20

Table 3: Source Mental Health

Community and Inpatient	F	M
Child and Adolescent Mental Health Service	980	697
Adult Mental Health Service	424	136
Middlemore Hospital and Tiaho Mai MH&A Unit.	179	181

Table 4: Source Mental Health

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.**
 Tupu Ora Regional Eating Disorder service managed by Auckland DHB provides a range of specialist care for moderate to high risk clients living with an eating disorder. CM Health does not provide an inpatient eating disorder service. Table 5 represents clients accessing community mental health services with an eating disorder.

Year	F	M
2020	129	20

Table 5: Source Mental Health

5. **If not available within the DHB catchment area, where can patients access publicly funded, specialised eating disorder care?**
 Publicly funded eating disorder care is available within CM Health.
6. **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.**
 Specialist eating disorder care is not contracted out or delivered by primary health care providers.

I trust this information answers your request. You are entitled to seek a review of the response by the Ombudsman under section 28(3) of the Official Information Act. Information about how to make a complaint is available at www.ombudsman.parliament.nz or Freephone 0800 802 602.

Please note that this response or an edited version of this may be published on the Counties Manukau Health website. If you consider there are good reasons why this response should not be made publicly available, we will be happy to consider this.

Yours sincerely



Fepulea'i Margie Apa
Chief Executive Officer
Counties Manukau Health