

4 March 2021



Re: Official Information Act request – Pathway to access specialised eating disorder care

I refer to your Official Information Act request dated 19 January 2021 requesting the following information:

With respect, I request the following information under the terms of the Official Information Act 1982:

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

Tupu Ora is the specialist eating disorder service run by Auckland DHB. Tupu Ora operates using a hub and spoke model of care with Tupu Ora as the “hub” specialist eating disorder service. 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 “spoke” services are the secondary mental health services across the three Auckland metro DHBs and Northland DHB. The pathway for referral 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.

Service users from the Midland DHBs can access the residential Eating Disorder Unit, though other specialist eating disorders services for these populations are delivered locally.

Auckland DHB’s Starship Hospital provides a regional (Northern Region) service for inpatient management of children with eating disorders where medical and nutritional stabilisation is necessary. This service is provided for children and adolescents under 16 years and adolescents up to 17 years who are still at school and with family involved in follow up outpatient therapy.

Admission to the inpatient service is typically following presentation to the Children's Emergency Department at Starship.

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.

As at 3 February 2021 Tupu Ora had 31 clients open to referrals, waiting to be allocated.

Eight of these referrals are under 18 years of age

- 4 are for second opinion assessments – they are currently being treated in local Child and Adolescent Mental Health services
- 4 are currently in Starship or recently discharged

Twenty-three referrals are over 18 years of age

- 9 are currently waiting to be allocated for assessment
- There are 14 requests for consultation and liaison between Tupu Ora and a secondary mental health service

Note that we cannot provide you with a breakdown by sex as requested as this risks our patients being identifiable. Therefore, we are withholding this information under section 9(2)(a) of the Official Information Act.

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.

See attached table. Note that we cannot provide you with a breakdown by sex as requested as this risks our patients being identifiable. Furthermore, we cannot provide a further breakdown of the number of patients in each age group, where the patient numbers are less than five as this also risks our patients being identifiable. Therefore, we are withholding this information under section 9(2)(a) of the Official Information Act.

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.

See attached table. Note that we cannot provide you with a breakdown by sex as requested as this risks our patients being identifiable. Furthermore, we cannot provide a further breakdown of the number of patients in each age group, where the patient numbers are less than five as this also risks our patients being identifiable. Therefore, we are withholding this information under section 9(2)(a) of the Official Information Act.

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

As above, publicly funded specialist eating disorder care is available within Auckland DHB.

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.

Not applicable.

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 response, may be published on the Auckland DHB website.

Yours faithfully



Ailsa Claire, OBE
Chief Executive of Te Toka Tumai (Auckland District Health Board)

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.

		Female and Male
Specialist Inpatient Eating Disorders Services	Under 15Y	42
	15-19Y	75
	20-24Y	10
	25-29Y	<5
	30-39Y	<5
	40-49Y	6
	50Y & Older	<5

		Female and Male
Specialist Community Eating Disorders Service	Face-to-Face engagement	
	Under 15Y	54
	15-19Y	191
	20-24Y	112
	25-29Y	67
	30-34Y	28
	35-39Y	18
	40-44Y	13
	45-49Y	13
	50Y & Older	15
	Telephone engagement (no F2F)	
	Under 15Y	<5
	15-19Y	9
	20-24Y	10
	25-29Y	<5
	30-34Y	5
35-39Y	<5	
40-44Y	<5	
45-49Y	<5	

	Professional Consultation & Liaison (no direct contact with client)	50Y & Older	<5
		Under 15Y	12
		15-19Y	9
		20-24Y	5
		25-29Y	5
		30-34Y	<5
		35-39Y	<5
		40-44Y	<5
		45-49Y	<5
		50Y & Older	<5

NOTES

The above tables show counts of individuals who had 1) at least one overnight stay in a specialist inpatient eating disorders service during 2020 and/or 2) some engagement with the specialist community eating disorders service during 2020.

Individuals may have had more than one admission to any inpatient service and/or admissions across different inpatient services. Individuals counted in inpatient category will likely also be counted in the community category

Specialist inpatient eating disorders services in the above table refers to: Eating Disorders Residential Unit, specialist beds within Starship Children's Hospital and identified admissions to the Child and Adolescent Acute Mental Health Unit
Specialist community eating disorders services in the above table refers to the Community Eating Disorders Service (Tupu Ora).

"Accessing" of community services can occur in different ways with some clients having direct face-to-face or telephone contact and for others the service provides consultation and liaison for the person's existing health networks.

For individuals who in some way accessed community eating disorders service in 2020, that access has been grouped according to whether they had any face-to-face contact in 2020, whether they only had telephone contact during and up to the end of 2020, or whether the community service only provided professional consultation and liaison to the person's existing health professionals. A person can only be in one group.

The above "snapshot" of engagement in 2020 includes individuals at various stages of triage, assessment and treatment and will necessarily include people newly referred and those who have been receiving care for some time. The nature of the engagement with community eating disorders services may change over time.

Age has been calculated as at 01/01/2020 for all individuals.

Eating disorders services run by Auckland DHB are also provided to a number of other DHBs on a regional basis. The DHBs covered by particular services differ depending on the contractual arrangements.

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

		Female and Male										
		2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
Eating Disorders Residential Unit	Under 20Y							5	16	17	28	31
	20-24Y							12	13	14	12	12
	25-29Y							7	18	17	16	6
	30-39Y							<5	6	5	6	<5
	40-49Y							<5	7	5	<5	7
	50Y & Older							<5	<5	11	9	7

		Female										
		2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
Child & Adolescent Mental Health Acute Inpatient Unit	10-14Y	<5	<5	<5	<5	<5	<5	<5	7	7	<5	<5
	15Y & Older	11	13	22	14	11	8	8	9	8	25	25

		Female										
		2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
Adult Mental Health Acute Inpatient Unit	Under 20Y			<5					<5	<5		<5
	20-29Y			<5	<5	<5				<5	<5	
	30Y & Older	<5										

		Female										
		2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
Starship Children's Hospital	<10Y	<5		<5		<5	<5	<5	<5	<5		<5
	10-14Y	13	28	18	33	14	27	47	35	38	33	66
	15Y & Older	18	19	16	25	37	55	25	54	84	94	89

		Female										
		2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
Auckland City Hospital	Under 20Y	<5	10	12	<5	<5	5	5	15	19	23	48

20-24Y	6	<5	<5	5	5	7	13	6	8	17	14
25-29Y		<5	<5	<5	<5	<5	<5	6	7	9	6
30-39Y		7	<5	<5	<5	5		<5	<5	<5	31
40-49Y	<5	<5	<5	<5	<5	<5	<5	<5	5	<5	<5
50Y & Older		<5	<5		<5	<5	<5	<5	<5	<5	<5

NOTES

The above tables show counts of admissions and not individuals with admissions. Individuals may have had more than one admission and may be counted in more than one service over any time period.

The Eating Disorders Residential Unit came under Auckland DHB management on 1 July 2016. Prior to this it had been run by an NGO so data prior to 1 July 2016 is not available. All admissions to this service are included.

Admissions to both the Child & Adolescent and the Adult acute mental health units were identified by them having an eating disorders diagnosis as either their principal diagnosis or one of their other mental health diagnoses.

Admissions to Starship and Auckland City hospitals were identified by them having an eating disorders diagnosis among their coded diagnoses.

Admissions to Starship hospital include those admitted to supported beds for eating disorders as well as those into or via the emergency department (ED) and other medical services. ED admissions must have a stay of more than 3 hours for diagnoses to be attached.

Admissions to Auckland City hospital include those admitted into or via the emergency department (ED) and other medical services. ED admissions must have a stay of more than 3 hours for diagnoses to be attached.

Age has been calculated at date of each admission.