National Audit of Eating Disorders

UPCARE: 1.00 Programme name - please do not change this field.*	National Audit of Eating Disorders
1.01 Abbreviation	NAED
1.1 Contract status	Ongoing
1.2 Audit or non-audit	Audit
1.3 HQIP commissioned*	Yes
1.41 HQIP AD	RS
1.42 HQIP PM	SB
1.5 Lead organisation*	Royal College of Psychiatrists
1.6 Programme homepage*	https://www.rcpsych.ac.uk/improving-care/ccqi/national-clinical-audits/national-audit-of-eating-disorders-(naed)
1.7 Programme summary	Eating disorders are serious, potentially life-threatening conditions that affect a person's emotional and physical health. Eating disorders severely affect the quality of life of the sufferer and those that care for them. Anorexia nervosa has the highest mortality rate of any psychiatric disorder, from medical complications associated with the illness as well as suicide. Bulimia nervosa is associated with severe medical complications, and both bulimia nervosa and binge eating disorder conditions often are associated with obesity and the related metabolic complications. Evidence highlights the importance of early intervention as soon an eating disorder is suspected, to prevent development of entrenched, long-term illness. The National Audit of Eating Disorders seeks to drive improvement of the identification and appropriate management of eating disorders and the quality and consistency of services for children and young people (CYP), adults of working age and older adults.
2.1 Organogram	https://www.rcpsych.ac.uk/docs/default-source/improving-care/ccqi/national-clinical-audits/national-audit-of-eating-disorders-(naed)/about-naed/naed-organogram-20260204.pdf?sfvrsn=dc1996c_5
2.2 Organisations involved in delivering the programme	The Royal College of Psychiatrists (RCPsych) are responsible for the overall delivery of the programme. The RCPsych hold a subcontract with Beat in order to facilitate the Service User and Carer Advisory Group (SUCAG). A subcontract is also held with third-party Crown LTD for delivery of the online dashboard reporting system.

2.3 Governance arrangements

Implementation Group

The Implementation Group is the decision making body of the audit which coordinates expert and specialist input into audit development and operation. It comprises:

- Clinical and Strategic Director of the CCQI – Professor Dasha Nicholls
- Clinical Advisor – Professor Ulrike Schmidt
- Clinical Advisor – Dr Karina Allen
- Patient Advisor – Rebecca Regler
- Carer Advisor – Vicky James
- NAED project team

The Implementation Group makes decisions based on the advisory input from the Steering Group and SUCAG (please see below).

2.4 Stakeholder engagement

Steering Group

Members from relevant partner organisations and other key stakeholders sit on the NAED Steering Group. The purpose of this group is to provide our project team with expertise from multiple backgrounds to plan, structure, carry out and interpret the results of the audit fully and without bias. The partner organisations that we work with include:

- Representatives of the RCPsych Eating Disorders Faculty
- British Psychological Society
- Royal College of Nursing
- British Dietetic Association
- Royal College of General Practitioners
- Royal College of Physicians
- Royal College of Paediatrics and Child Health
- British Association for Parenteral and Enteral Nutrition (BAPEN)
- First Episode Rapid Early Intervention for Eating Disorders (FREED)
- Beat
- Myominds

Service User and Carer Advisory Group (SUCAG)

The Service User and Carer Advisory Group (SUCAG) is made up of 10 people who have lived experience of eating disorders services, either as a patient or a carer for someone who has used an eating disorders service. The group is coordinated and facilitated by our partnering eating disorders charity, Beat.

The SUCAG works in parallel to the Steering Group and with our Patient and Carer Advisors to provide collective feedback on key decisions in the audit to ensure these reflect issues of importance to patients with eating disorders and their families/carers.

2.5 Conflict of interest policy

Advisory group members are required to declare conflicts of interest and this is reviewed at each meeting – this is a standing agenda item. Signed declarations regarding conflict of interest are collected from committee members annually/ when a new interest is declared, and any interests are registered. The Royal College of Psychiatrists has a standard COI policy for all committee and steering group meetings. Data collection for national clinical audits is covered by a joint privacy notice, explaining why data is collected and how confidentiality is maintained. This can be found on the website:

CCQI Conflicts of Interest Policy (Version 1.3) - file uploaded

3.1 Quality improvement goals	**Goal 1: Reduce barriers to early intervention** Increase the percentage of patients receiving care within the appropriate timeframe according to whether they have been assessed as urgent or routine. **Goal 2: Improve offer and uptake of NICE concordant treatment** Increase the percentage of patients being offered and taking-up NICE concordant treatment. **Goal 3: Improve recording of patient outcomes** Improve the recording of patient-reported outcome measures (PROMs) and clinician-reported outcome measures (CROMs) related to physical and mental health. **Goal 4: Reduce health inequalities** Reduce inequalities in eating disorders care, by achieving parity of esteem across the following areas: 1. Children and Young People (CYP) and adult services 2. Geographical location 3. ED diagnoses **By the end of 2026, on the receipt of routine data, we aim to set target values against access targets to demonstrate these increases, measured as a percentage.**
3.3a Methods for stimulating quality improvement*	Other (enter details in 3.3b below)
3.3b Quality improvement supplemental information	**To stimulate healthcare improvement the following methods will be employed:** - Multi-level offer - High quality audit outputs - Quality improvement network - Patient and public involvement More information relating to each of these points can be found in the NAED Healthcare Improvement Plan https://www.rcpsych.ac.uk/improving-care/ccqi/national-clinical-audits/national-audit-of-eating-disorders-(naed)/quality-improvement
4a. Please add the most recent date that you have reviewed and updated an online	11/02/2026

version of UPCARE Programme section on your project's website (click into the response to see pop-up guidance).

4b. Please add a hyperlink to UPCARE Programme section on your website (click into the response to see pop-up guidance).*

https://www.rcpsych.ac.uk/improving-care/ccqi/national-clinical-audits/national-audit-of-eating-disorders-(naed)/information-governance

Files

CCQI Conflicts of Interest Policy (Version 1.3).pdf