

# **National Audit of Eating Disorders (NAED)**

**2025-2027**

## **Information for Services**

### **Contents**

What is NAED? .....	2
Who we work with .....	2
Audit inclusion and exclusion Criteria .....	3
What we've done so far.....	4
What's next.....	4
Expectations of participating teams.....	5
Information governance .....	6
Contact information.....	6

## What is NAED?

The National Audit of Eating Disorders (NAED) is a new audit programme commissioned by the Healthcare Quality Improvement Partnerships (HQIP) as part of the National Clinical Audit and Patient Outcomes Programme (NCAPOP) on behalf of NHS England. NAED will run from August 2024 to July 2027. Participation of eligible services is required as part of the NHS England Quality Accounts.

Through collecting, linking, analysing, and reporting data on eating disorders access and treatment, the audit seeks to improve the quality and consistency of eating disorder services for all ages in England. Its overarching quality improvement objectives are framed within the key areas of quality care, namely that services are safe, effective, patient centred, timely, efficient and equitable.

Our [Healthcare Improvement Plan](#) sets out how we aim to improve the quality, accessibility, and consistency of eating disorder services across England.

## Who we work with

### NAED Implementation Group

The Implementation Group consists of the NAED Project Team, Clinical Advisors, and Lived Experience Advisors. It ensures expert and specialist input into the development and operation of the audit. Members of this group are listed on our [website](#).

### NAED Steering Group

This group includes members from partner organisations and other key stakeholders. Its purpose is to provide the project team with diverse expertise to plan, structure, deliver, and interpret the audit results in a thorough and unbiased way. A full list of partner organisations is available on our [website](#).

### Service User and Carer Advisory Group (SUCAG)

The SUCAG is made up of individuals with lived experience of eating disorder services – either as patients or as carers. The group is coordinated and facilitated by our partner charity, [Beat](#). The SUCAG work in parallel to the Steering Group and with our Lived Experience Advisors to provide collective feedback on key audit decisions. This ensures the audit reflects issues that matter most to patients and their families/carers.

### Under 16s Survey

Under 16s are not included in the SUCAG due to issues around safeguarding and consent. However, to ensure their voices are heard, we are working with Beat to

distribute surveys to under-16s during years 2 and 3 of the audit. This will help us gather the views of children and young people on what matters most to them.

## **Audit inclusion and exclusion Criteria**

### **Inclusion criteria**

#### **Services:**

Eating disorder services in **England** that are:

- NHS commissioned services, including those commissioned by specialised commissioning and ICBs/ICSs and Provider Collaboratives
- Inpatient and community eating disorder services
- All In-patient general adolescent units where eating disorders patients are not explicitly excluded
- Services delivered in partnership with and by the voluntary, community and social enterprise (VCSE) sector that are commissioned by the NHS

#### **Service users:**

- All NHS-funded patients referred to eating disorder services in England, including Children and Young People (CYP) and Adults
- People receiving NHS funded services in independent organisations
- There is no upper or lower age limit for inclusion.

### **Exclusion criteria**

- Eating disorder services in England that are not NHS funded, e.g. non-NHS funded independent sector
- NHS funded non-eating disorder services that provide eating disorder treatments
- Services treating co-morbid conditions other than eating disorders
- Services that provide primary care and acute care
- Non-NHS funded patients

## What we've done so far

### Service Mapping Report 2025

In 2025, we conducted a service mapping exercise to understand the breadth and depth of service provision in England. Teams were invited to complete two comprehensive surveys covering service types, disorders treated, staffing, pathways, protocols, joint working, outcomes, interventions, referrals, waitlists, and discharge processes.

We produced a report which presented data collected between January and May 2025. Data were shown at national, regional, Integrated Care Board (ICB), and service-type levels.

The report was published on 11 December 2025 and is now available on our [website](#).

## What's next

### NAED Staffing Report (2026)

In 2026, we will be taking more of an in-depth look at staffing within teams. Each team will be asked to complete one survey about their staffing. More details about this will be released in due course.

### Staffing Report Timeline

Audit Component	Date	Description
<b>Registration</b>	<b>December 2025 – January 2026</b>	Teams are expected to register for the staffing report and core audit (one registration covering both parts of the audit).
<b>Data collection</b>	<b>February 2026</b>	Teams are expected to complete a survey regarding staffing.
<b>Data cleaning</b>	<b>April 2026</b>	The NAED Team will send data cleaning queries to eating disorder teams. Teams are expected to respond to data cleaning queries during this period.

<b>Reporting</b>	<b>November 2026</b>	NAED Team will write the Staffing Report.
<b>Report publication</b>	<b>To be confirmed closer to the time</b>	Report on staffing will be made publicly available.

## NAED Core Audit

The core audit is scheduled to begin in summer 2026, using routinely collected patient-level data (e.g. via the Mental Health Services Dataset). These data will be analysed against 12 audit metrics covering access, waiting times, interventions, and outcomes. More information about the 12 metrics is available on [our website](#).

Aggregated data will be made available to teams via an online dashboard which will be updated quarterly. It will include charts for benchmarking and tracking performance over time. The dashboard will present performance data at national, regional, and local levels. A *State of the Nation* report is also planned for publication in 2027.

We will be in contact with services with more information detailing this audit activity in due course.

## Quality improvement support

We launched the NAED Quality Improvement (QI) Network on 20 November 2025, with over 100 attendees.

From 2026, QI support will include shared learning webinars led by our QI Expert and Coach, monthly drop-in clinics for tailored guidance, and Q&A sessions to exchange experiences and insights.

A dedicated learning hub on the RCPsych website will provide resources and showcase successful initiatives. Additional QI materials will be accessible via the online data dashboard once live.

## Expectations of participating teams

We hope that all eligible services will be excited to participate in the audit. The programme of work has been designed to minimise burden on participating

eating disorder services. However, services will be expected to engage in tasks which include but are not limited to:

- Register to take part in the NAED audit 2026
- Complete a survey about staffing of their team
- Submission of data to the MHSDS
- Willingness to improve the quality of data submissions where required
- Engaging with NAED's QI support (such as QI clinics and shared learning workshops) to develop, test, and evaluate local QI initiatives, using audit data to drive improvement in services

## **Information governance**

For more information on how your data will be used as part of the NAED, please see our online [privacy notice](#).

## **Contact information**

If you have any questions about the audit, please get in touch with the NAED Team at [NAED@RCPsych.ac.uk](mailto:NAED@RCPsych.ac.uk).

More information can also be found on our NAED webpage, [here](#).

We look forward to working with you.