



West Coast District Health Board

Te Poari Hauora a Rohe o Tai Poutini

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18 February 2021

9(2)(a)

RE Official information request WCDHB 9520

I refer to your email dated 19 January 2021, requesting information under the Official Information Act from West Coast DHB regarding specialised eating disorder services. These include conditions that fall in the clinical eating disorder spectrum such as anorexia nervosa, bulimia nervosa, Pica in adults, and other psychogenic eating disorders; and comprise the scope of definition used in regard to your information request.

Specialised tertiary level services in this field are provided regionally by Canterbury DHB, whose coverage includes services for people from the West Coast. We note that you have requested this same information via Official Information Act request from Canterbury DHB – so that their answers in response (Reference: **Canterbury DHB Official Information request CDHB 10528**) will also include data and information for residents from the West Coast region. This noted, please find below our response to the following information that you have requested, specifically:

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

As noted above, West Coast DHB has access to the South Island Regional Eating Disorders Service based in Canterbury DHB which provides specialised eating disorder care and inpatient treatment for the small number of individuals at the severe end of the eating disorder spectrum. These services are provided via a formalised referral pathway as well as a consultation and liaison service and educational support for WCDHB staff.

Follow-up and local care for eating disorders fall under the umbrella of mental health conditions, for which the West Coast DHB's general adult and Child and Adolescent Mental Health Service teams provide treatment via our usual referral process.

- ***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.***

Canterbury DHB provide this treatment for people from the West Coast district as part of a regional tertiary level service.

There are currently no West Coast DHB people on the wait list for the Canterbury DHB Eating Disorders service.

- ***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.***

Canterbury DHB provide this service for people from the West Coast district who meet entry criteria as part of a regional tertiary level service via inpatient admissions into Princess Margaret Hospital Eating Disorders Unit. Please refer to **Table one** (overleaf) for admissions to Princess Margaret Hospital Eating Disorders Unit.

Table one: Number of admissions to Princess Margaret Hospital Eating Disorders Unit of people domiciled on the West Coast between 1 January 2010 to 31 December 2020

Admissions	Male	Female	Other
All ages	0	16	0

***Note** Due to the low numbers we have aggregated the age group data pursuant to section 9(2)(a) of the Official Information Act to protect individual privacy. Information is based on last known address

General adult inpatient units regionally, including West Coast DHB, periodically admit those needing mental health inpatient care but not meeting those criteria. Clients may be co-managed by West Coast DHB clinicians, and care can be transitioned back to West Coast DHB mental health service after specialist eating disorder service treatment has finished. West Coast DHB can also admit clients on an urgent basis if they are at immediate risk.

In the ten year period from 1 January 2010 to 31 December 2020, there have been 18 individuals who, between them, had 35 admissions to our general medical, paediatric medical and acute mental health services with either a primary diagnosis code classified within the eating disorder spectrum as being the principle reason for their admissions, or where such disorders were coded as complications of other primary reasons for admission. All but two individuals were females. Among them, 11 individuals were in the 0-24 year age cohort, 5 individuals were in the 25-64 age cohort, and two were aged over 65. Two of the 18 individuals identified their ethnicity as Maori, with the remainder identifying their ethnicity as New Zealand European and other European. Seven of the 35 admissions were to the general ward at our hospital facilities in Westport, and the remainder to services at Grey Hospital in Greymouth. As noted in our opening definition, this excludes admissions that were not clinically defined within the eating disorder spectrum for patients who may have had intermittent health issues such as malnutrition or dehydration.

- ***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.***

Canterbury DHB provide this for people from the West Coast district as part of a regional tertiary level service.

Table two: Access by Unique NHI of people domiciled on the West Coast to Princess Margaret Hospital Eating Disorders Service between 1 January 2020 and 31 December 2020

Community	Male	Female	Other
All ages	0	13	0
Inpatient	Male	Female	Other
All ages	0	8	0

***Note** Due to the low numbers we have aggregated the age group data pursuant to section 9(2)(a) of the Official Information Act to protect individual privacy.

***also note:** one person can have more than one admission to the Eating Disorders Unit (see Table two)

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

As noted above, people from the West Coast can access specialist eating disorder care via Canterbury DHB.

- ***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.***

West Coast DHB does not have any contracts with primary care health providers for eating disorder treatment.

I trust this satisfies your interest in this matter.

You may, under section 28(3) of the Official Information Act, seek a review of our decision to withhold information by the Ombudsman. 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 West Coast DHB website after your receipt of this response.

Yours sincerely

A handwritten signature in blue ink, appearing to read 'R La Salle', is positioned above the printed name.

Ralph La Salle
Acting Executive Director
Planning, Funding & Decision Support