

Request

I am writing to request the following information under the Freedom of Information Act 2000:
For your adult eating disorder service from January 2025-November 2025 what were the BMI of inpatients and community patients with an eating disorder at the time they were discharged?

Response

For the response below please note:

Date range of data set: 01/01/2025 - 26/11/2025.

We are not commissioned for CYP Inpatient Eating Disorder services.

BMI / Weight for Height measurements could be up to 30 days before discharges.

BMI / Weight for Height measurements have not been recorded in a reportable format in all cases.

As of 1st July 2025, Forward Thinking Birmingham – service previously hosted by Birmingham Women’s and Children’s Trust, has been transferred to BSMHFT. For this service, the data only covers 1st July to current. Should you wish to access data prior to 1st July 2025, please redirect this element of your request to Birmingham Women’s and Children’s Trust.

1. For your adult eating disorder service in 2025 how many inpatients and community patients with an eating disorder were discharged with a BMI of under 15?

3 patients discharged with BMI under 15 - 2 community and 1 inpatient

2. For your Children's eating disorder service what was the weight for height percentage of inpatients and community patients with an eating disorder at the time they were discharged?

Type	Height Weight Ratio
Community	70.12
Community	124.86
Community	81.42
Community	81.44
Community	100.55
Community	85.57
Community	91.5
Community	97.26
Community	115.09
Community	96.88
Community	86.63
Community	104.88
Community	99.41
Community	81.39
Community	108.14
Community	104.22
Community	95.37
Community	105.36
Community	91.45
Community	99.27
Community	81.75
Community	101.77
Community	85.32
Community	130.67
Community	107.34
Community	92.08
Community	102.09
Community	100.98
Community	134.25
Community	90.66
Community	94.09
Community	103.78
Community	86.65
Community	110.97
Community	86.5
Community	108.81
Community	126.15
Community	127.4
Community	102.68
Community	96.35
Community	99.94
Community	85.64
Community	132.06
Community	132.2
Community	108.22
Community	119.13
Community	79.15
Community	107.28

3. For your Children's eating disorder service in 2025 how many inpatients and community patients with an eating disorder were discharged at a weight for height of less than 75 ?

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Note: The Trust is not commissioned to provide a CYP inpatient eating disorder service.

4. At point of discharge if patients had a BMI of under 15, or equivalent to weight for height of less than 75, where were your patients discharged to? (for both adults and children)

Type	Adult/CYP	Discharge Destination	
Inpatient	Adult	Self-discharge with community eating disorder support	
Community	Adult	Completed Eating Disorder Treatment. Discharged	
Community	Adult	Completed Eating Disorder Treatment. Discharged	
Community	CYP	Completed Eating Disorder Treatment. Discharged	

5. In your adult and children's eatingdisorder service what treatment is offered to inpatient and community patients who had a BMI of under 15, or equivalent to weight for height of less than 75 between January 2025 and November 2025?

Treatment options could include:
Psychology options – MANTRA, CBT-E
Dietitian input
If in the community, the patient would be offered outreach support from the eating disorder service outreach team
Medical monitoring in outpatients
Day treatment service

Please also refer to the attached documents.