

**Cyfarwyddwr Cyffredinol Grŵp Iechyd, Gofal ac Atal / Prif
Weithredwr GIG Cymru**

**Director General Health, Health, Care and Prevention Group /
NHS Wales Chief Executive**



**Llywodraeth Cymru
Welsh Government**

To: Committees of the ARFID Specialist Sub-Group,
Autism Specialist Sub-Group and Paediatric Specialist
Group of the British Dietetic Association:

Our Ref: JP/GW/AB

13 July 2026

Dear Colleagues

Preventable death from malnutrition in children and adults with selective eating

Thank you for your email of 8th July where you have raised the need to improve the prevention, identification, and management of eating and feeding problems in people of all ages.

In Wales we have recognised the need to improve services for the treatment of those with Avoidant Restrictive Food Intake Disorder (ARFID). The Strategic Programme for Mental Health, within NHS Performance and Improvement, set up a task and finish group in 2024 to look at the availability of services and to address growing concerns about service provision across Wales. This group which included clinicians, service users, the third sector and carers, has developed a dedicated national pathway for ARFID. This is a new pathway and we have asked NHS Performance and Improvement to progress development of the service specification and proposed service model.

Recognising the need for greater awareness and understanding for all clinicians across all services the clinical network has developed advice and guidance for ARFID, and "An Introduction to Eating Disorders (Tier 1 Foundation) Course" for clinicians through the Ty Dysgu NHS learning portal. Work will be done by the Eating Disorder Community of Practice to develop this further.

In May this year a dedicated ARFID Community of Practice was launched and is being hosted by Hywel Dda University Health Board. This already has over 100 members from across the country, where they can disseminate resources, share practice and training.

Yours sincerely

Jacqueline Totterdell