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Date 13/01/2026
Your Ref
Our Ref 10933

Enquiries to Richard Mutch
Extension 35687
Direct Line 0131 465 5687
loth.freedomofinformation@nhs.scot
richard.mutch@nhs.scot

Dear

FREEDOM OF INFORMATION – EATING DISORDERS

I write in response to your request for information in relation to Eating Disorders.

Question:

1. The number of hospital admissions with the primary reason for admission being an Eating Disorder (including Anorexia Nervosa, Bulimia Nervosa and EDNOS).
2. Data showing the specific periods of the year in which eating disorder admissions peak (i.e a month by month breakdown of admission numbers).

Answer:

Please see enclosed spreadsheet.

To protect the identity of the individuals involved any figure of 5 or less has not been shown in the table above. Since we do not have their consent to release this data from their records, the information is exempt under section 38(1)(b) of the Freedom of Information (Scotland) Act i.e. to provide it would breach the Data Protection Act (2018).

I hope the information provided helps with your request.

If you are unhappy with our response to your request, you do have the right to request us to review it. Your request should be made within 40 working days of receipt of this letter, and we will reply within 20 working days of receipt. If our decision is unchanged following a review and you remain dissatisfied with this, you then have the right to make a formal complaint to the Scottish Information Commissioner within 6 months of receipt of our review response. You can do this by using the Scottish Information Commissioner's Office online appeals service at www.itspublicknowledge.info/Appeal. If you remain dissatisfied with the Commissioner's response you then have the option to appeal to the Court of Session on a point of law.

If you require a review of our decision to be carried out, please write to the FOI Reviewer at the email address at the head of this letter. The review will be undertaken by a Reviewer who was not involved in the original decision-making process.

FOI responses (subject to redaction of personal information) may appear on NHS Lothian's Freedom of Information website at: <https://org.nhslothian.scot/FOI/Pages/default.aspx>

Yours sincerely

ALISON MACDONALD
Executive Director, Nursing

Cc: Chief Executive

Enc.

Admissions with Principal Diagnosis for Anorexia nervosa (F50.0), Atypical anorexia nervosa (F50.1), Bulimia nervosa (F50.2), Other eating disorders (F50.8), Eating disorder (F50.9)

Admissions for all ages, all hospitals in Lothian, 1st January 2023 to 31st December 2025

	2023	2024	2025
Admissions for Eating Disorder as Principal Diagnosis by Year	121	112	101

	Jan-23	Feb-23	Mar-23	Apr-23	May-23	Jun-23	Jul-23	Aug-23	Sep-23	Oct-23	Nov-23	Dec-23	Jan-24	Feb-24	Mar-24	Apr-24	May-24	Jun-24	Jul-24	Aug-24	Sep-24	Oct-24	Nov-24	Dec-24	Jan-25	Feb-25	Mar-25	Apr-25	May-25	Jun-25	Jul-25	Aug-25	Sep-25	Oct-25	Nov-25	Dec-25
Admissions for Eating Disorder as Principal Diagnosis by Month	8	8	11	7	11	13	7	13	10	8	18	7	13	9	10	5<	10	7	10	15	6	16	7	7	13	12	6	12	8	9	7	9	5<	7	5<	

