**Meeting of APPG for Eating Disorders**

Thursday 10th June

2:00-3:15pm

2:00-2:15pm Election

**Attendees:** Scott Benton MP (SB), Sam Browse (SB) *Office of Olivia Blake MP,* Baroness Bull (BB), Eden Duggan (ED) *Office of* *Robert Halfon MP,* Chris Evans MP (CE), Baroness Fall (BF), Wera Hobhouse MP (WH), Sir George Howarth MP (GH), Sonia Johar (SJ) *Office of Philip Davies MP*, Baroness Parminter (BP), Josh Price (JP) *Office of* *Tim Farron MP,* Mathew Spencer (MS) *Office of Dr Lisa Cameron MP*

Sophie Clark, *Beat* (SC), Katherine Pugh, *Beat* (KP), Jo Whitfield, *Beat* (JW)

**Apologies:** Sarah Champion MP,Caroline Nokes MP

1. Welcome from Wera Hobhouse MP (5 minutes)

WH thanked the group’s Co-Chair, Officers and Secretariat for their contributions to the group. WH summarised the group’s activity over the previous year, highlighting the publication of the report, “Short-changed: Funding for children and young people's community eating disorder services in England in 2019/20” and the group’s inquiry into research funding for eating disorders.

1. Officer elections and official business (10 minutes)
   1. The following positions were agreed upon:

Chair: Wera Hobhouse MP

Co-Chair: Scott Benton MP

Officers:

Baroness Bull

Dr Lisa Cameron MP

Julie Elliott MP

Chris Evans MP

Tim Farron MP

Sir George Howarth MP

Caroline Nokes MP

Baroness Parminter

* 1. Income and expenditure statement

The group approved the income and expenditure statement for 2020/1.

* 1. Discussion of priorities for the year ahead

There was agreement that the group will continue to highlight the risks that the Obesity Strategy poses to people living with eating disorders and specifically the risks of calorie labelling on menus. BB raised concerns about the disconnect between policy work on obesity and eating disorders and also the importance of addressing weight stigma.

The group also supported the proposal that the APPG continue its work on research funding, based on the findings of the group’s inquiry on this topic and continue its work on access to treatment for both children and young people and adults.

GH drew attention to the importance of considering the comorbidity of eating disorders and diabetes and of the group seeking advice from experts.

It was agreed that it would be helpful to have a virtual tour of the Beat Helpline.

**Action: SC to organise a virtual tour of the Beat Helpline for APPG members.**

2:15-3:15pm Discussion on eating disorders

**Additional Attendees:** Suzanne Baker, *F.E.A.S.T.* (SB), Helen Missen, *F.E.A.S.T.* (HM)

**Guests:** Liz Blythe(LB), Dr Annie Cardinal (AC), Callum Shipp (CS), Nichola Swallow (NW)

1. Introduction to discussion on the impacts of eating disorders eating disorders (10 minutes)

WH welcomed the additional attendees and introduced the speakers.

1. Speeches on the impacts of eating disorders (25 minutes)

Presentations were given on the impacts of eating disorders by LB, AC, CS and NS.

LB, CS and NS spoke about their experiences with eating disorders.

AC spoke about her experience as the Cardinal Clinical Lead of the Kent and Medway All-Age Eating Disorders Service. She informed the group that the number of people currently seeking treatment for an eating disorder is unprecedented. There is a national bed shortage, whilst the demand for beds is continuing to rise. There has also been increasing pressures on the workforce.

In Kent, despite the pressures, work on best practice has continued, with new pathways being developed, including one on avoidant restrictive food intake disorder (ARFID).

1. Question and Answer session (15 minutes)
2. BB thanked the speakers for their presentations and asked them for their perspective on Government messaging on obesity and the impact of calorie labelling on menus. The speakers raised concerns about the dangers of calorie labelling and suggested that messages should be about health and lifestyle, rather than weight and calories. AC added that people with eating disorders have selective bias and are more likely to focus on information like calorie counts. AC also highlighted the importance of preparing people with eating disorders for seeing messages about weight and calorie counts.

HM raised concerns about the dieting industry and also about the use of BMI as a measure.

1. SJ asked the speakers what treatment for people with eating disorders entails.

AC outlined that intervention for under 19s involves family therapy three times a week, which provides support for carers and information on how to support their loved one. Services try to avoid a situation where a young person needs to go to hospital.

1. Next steps (5 minutes)

WH informed the group that a meeting is being organised with the Minister for Patient Safety, Suicide Prevention and Mental Health. The group will be updated on the plans for this via email.

1. Any other business (5 minutes)

BB updated the group about her work on the draft legislation introducing calorie labelling on menus. BB has laid a regret motion in the House of Lords and is calling on the Government to commit to review the impact of the Secondary Instrument on people with eating disorders. BB suggested holding a roundtable on calorie labelling with experts.

**Action: The APPG will support with the coordination of Parliamentarians who share concerns about the impact of the obesity strategy on people living with eating disorders.**