

**Children and Young People
ARFID Severity Index and Severity Matrix Tool**

Severity Index Triage Tool

Mild	Mild-Moderate	Moderate-Severe	Severe (meets all or any)
<p>1 area of impairment (Score 1) which is low-risk / well managed / shows low deterioration</p> <p>Remains in school and psycho-social impact is low / managed with mild adjustments</p> <p>May benefit from non-intensive interventions* (such as third sector, brief group intervention, self-help resources)</p>	<p>1-2 areas of impairment (Scores 1 and 2) requiring occasional use of sip-feeds and/or micronutrient support to manage nutritional risk</p> <p>Remains in school / able to carry out most aspects of routine daily life but these require more support and adjustments</p> <p>Would benefit from short-term targeted therapeutic support - potentially with access to dietetic and medical support depending on the individual need.</p>	<p>2 or more areas of impairment (Scores 2 and 3) requiring consistent use of sip-feeds and/or micronutrient supplementation to support nutrition where the physical impact of this impairment has/will have a notable impact on normal growth and development and meeting physical milestones</p> <p>School attendance and education is impacted and/or requires substantial professional input to sustain with significant support adjustments</p> <p>Meets AMBER risk categories according to the MEED guidelines for physical risk or would meet these if supportive treatment was withdrawn</p> <p>Requires regular therapeutic support including access to a specialist dietitian (with ARFID training) and medical support as needed (speciality determined by need)</p>	<p>Multiple areas of significant impairment (Score 4) resulting in a potentially life-threatening risk (not necessarily an acute risk to life, e.g., substantial nutritional deficiency) and severe impact to quality of life, and long-term health and prognosis</p> <p>Requires/is likely to require inpatient admission</p> <p>Requires extensive/exclusive use of sip-feeds or nasogastric tube feeding to meet nutritional needs</p> <p>Is out of school and is unable to function as normal in most/all psycho-social aspects of daily life</p> <p>Meets multiple RED/AMBER risk categories according to the MEED guidelines for physical risk or would meet these if supportive treatment was withdrawn</p> <p>Requires full and comprehensive support of a specialist dietitian (with ARFID training) and multi-disciplinary team including medical (speciality determined by need) and psychological support</p>

The matrix below is not a specific, sensitive nor validated tool. It is intended to help inform local care planning by giving severity indicators for impairment across domains. A higher score is indicative of a higher level of impairment and/or risk. The tool should not be used in isolation to offer or withhold care. Each case should be considered holistically, informed by individual needs, and in view of local support options.

RISK SCORE	Weight, growth, and physical development	Nutritional adequacy of diet (check food diary with dietitian if unsure about nutritional safety)	Impact on young person's social and emotional development	Impact on family functioning
0 = no risk identified	No concerns regarding weight, height, growth, and physical development	Sufficient intake across food groups (protein, carbohydrates, dairy, fruits, and vegetables) for example >20 foods from 4+ food groups and/or adequate intake of vitamin and minerals / or is able to take micronutrient supplementation.	Able to participate in a range of usual social events / school settings with some small adjustments	Family are able to make reasonable adjustments to support their young person
1 = some risk but not of immediate concern	Weight is less than 2 centiles below height centile and/or growth and height has plateaued for <3 months	>10 foods from 4 food groups and/or suboptimal intake of vitamin and minerals but is not deficient / or is able to take micronutrient supplementation and/or oral nutritional supplementation is being considered	Unable to eat with friends in school though is able to take in their own familiar foods and eat these within school / other social settings	Young person is only able to eat in restaurants or other unfamiliar settings if their safe food is brought from home
2 = moderate risk. Requires consideration when prioritising the intervention	Weight is 2 centiles below height centile and/or growth and height has plateaued for >3 months	<10 foods from 2-3 food groups and/or deficient in essential vitamins and minerals (Vitamin D/C, Calcium, Iron etc) and cannot take micronutrient supplementation and/or routine consumption of oral nutritional supplements	Education (academic and/or social-emotional experience) is impacted (e.g. time taken to eat, inability to eat during school). The impact is not better explained by other reasons and/or unable to eat in restaurants or other unfamiliar settings / misses social opportunities with peers due to food avoidance and restriction and/or mild-comorbid mental health difficulties / neurodiversity impact	Young person is missing out on opportunities to join the family on social occasions outside the home despite considerable accommodations and/or family are unable to eat in restaurants or other unfamiliar settings
3 = high risk requiring planned action	Weight is more than 2 centiles below height and/or growth and height has plateaued for >3 months and/or loss of height centiles and/or 2 or more Amber MEED physical risks identified and/or symptoms of pubertal delay	<5 foods from 1 – 2 food groups and/or multiple nutritional deficiencies known/suspected and/or unable to take appropriate supplementation and/or routine consumption of oral nutritional supplementation is recommended but the young person is unable to tolerate/consume these and/or enteral feeding is being considered	Education (academic / social-emotional experience / attendance) is impacted for reasons related to ARFID and/or unable to socialise outside the home for reasons related to ARFID (e.g., social events related to food) and/or moderate mental health difficulties / neurodiversity impact (e.g. low mood/anxiety, significant comorbid MH difficulties, significant fear of adverse consequences, food distress etc)	Family are unable to consume food outside the home and socialise for reasons related to ARFID and/or family are severely limited in their food routine (e.g., only one person can cook / shop / prepare food; family are limited to buying specific products from specific shops on specific days) and/or family ill-health or mental-health decline as a direct result of ARFID-related restrictions and/or sibling school attendance, mental health negatively impacted as a direct result of ARFID related consequences
4 = very high risk requiring immediate action	Weight is more than 3 centiles below height and/or growth and height has plateaued for >3 months and/or no height growth for >6 months and/or 1 or more Red MEED physical health risks identified and/or symptoms of pubertal delay and/or risk of re-feeding syndrome is identified	Severe malnutrition identified and/or enteral feeding is indicated and/or multiple nutritional deficiencies known/suspected and unable to take the appropriate supplements which is having a significant detrimental impact on physical health (e.g., vision impairment, bone density)	Education attendance is not possible due to reasons related to ARFID and/or severe mental health difficulties / neurodiversity impact (e.g., low mood/anxiety, significant comorbid MH difficulties, significant fear of adverse consequences, food distress etc) and/or increase in shut-down/arousal behaviours negatively associated to an increased risk to self or others	Family are limited from being able to leave the home for ARFID related reasons and/or food routine specificities are causing significant financial stress/burden. and/or increase in family high-expressed emotion / violence / aggression and/or placement breakdown for LAC families and/or sibling(s) unable to attend school as a result of ARFID related consequences