**Clinical Guideline to Assess and Manage Disordered Eating/Eating Disorder in Children/Adolescents/Adults with Type 1 Diabetes**

**Background & Aim**

Disordered Eating (DE) affects up to 40% of individuals with Type 1 Diabetes (T1D), with 7% of adolescent females meeting criteria for an Eating Disorder (ED). This dual diagnosis significantly increases morbidity and mortality. However, standard ED treatments are often ineffective for this population, and no Clinical Guideline currently exists to address this gap. The aim was to develop a Consensus Guideline to prevent and manage DE/ED in people with T1D across all ages, using published evidence and clinical expertise to enhance care.

**Methods**

A systematic literature review was conducted using EMBASE, CINAHL, and PsycInfo, limited to English-language publications from the past 10 years, focusing on T1D and DE/ED. An expert panel was convened, comprising national representatives from multidisciplinary diabetes teams, including endocrinology, paediatrics, psychiatry, psychology, dietetics, and diabetes education, along with consumer input. Consensus was reached through literature analysis and clinical experience, followed by extensive peer and consumer review.

**Results**

The Guideline was completed in August 2022 and presented at National Conferences –

* Australian Diabetes Society (ADS) 2021
* Australasian Paediatric Endocrine Group (APEG) 2022,
* Australian Paediatric Society-International Society for Paediatric and Adolescent Diabetes (APS-ISPAD) 2022.

It has now been endorsed and/or published –

* Clinical Excellence Queensland (CEQ)
* Australian Centre for Behavioural and Research in Diabetes (ACBRD)
* Australia New Zealand Paediatric Endocrinology and Diabetes Society (ANZSPED) November.

The Guideline highlighted a clinical gap in efficacious interventions that prevent ED in those with T1D. It has inspired the commencement of the Australian Diabetes Body Project (ADBP), a randomised controlled trial evaluating an Eating Disorder Prevention Program for young women with Type 1 Diabetes in a Clinic Setting.

**Discussion/Conclusion**

This Guideline provides a structured, adaptable approach to clinical care. With national endorsement, efforts are now focused on raising awareness and adoption. The ADBP is actively recruiting participants.