

The **Optimizing Provider Training in Eating Disorders (OPTED)** project provided healthcare providers with evidence-based trainings for treating eating disorders. The trainings focused on eating disorders in diverse populations and people receiving publicly-funded insurance.

## The Impact

The OPTED project will result in *clinical, community,* and *economic* benefits.

The research team will learn about potential barriers to implementing eating disorder treatment by analyzing data from provider trainings. These findings could help inform adaptations of clinical guidelines.

Because the project will train providers in family-based interventions at publicly-funded agencies, diverse youth with public insurance should have better access to needed eating disorder treatment. Providers who are more skilled at treating eating disorders will increase system capacity for effective eating disorder treatment and help identify more youth with eating disorders.

Family-based treatment shortens hospital stays, reducing costs for inpatient care. These savings could inform future policymaking for eating disorder care funding.

## The Challenge

**10%** of people are affected by eating disorders. People with eating disorders have a **5x greater risk of dying** than the general population. Public insurance gaps combined with limited provider skill in treating eating disorders leads to **more eating disorder hospitalizations for youth** insured by public programs.

## The Approach

To improve provider skills, the team randomly assigned providers to different trainings:

- Some providers received a two-day live training.
- Some providers received a self-paced online course.
- Both trainings focused on evidence-based, family-based intervention.
- All providers could opt for additional support for up to a year.

## RESEARCH HIGHLIGHTS

### The OPTED project will result in:

- Increased provider skill in eating disorder screening, assessment, and treatment.
- Improved access to eating disorder care among diverse, publicly-insured youth.
- Increased identification of eating disorders in diverse and publicly-insured populations.
- Increased healthcare system capacity for treating eating disorders in these populations.

## Key TSBM Impacts



CLINICAL

Findings about provider training could inform clinical guidelines.



COMMUNITY

Project efforts will increase health care accessibility for youth in need.



COMMUNITY

Project efforts will increase health care provider competency in screening, assessment, and treatment of eating disorders.



COMMUNITY

Trainings provided will increase healthcare system capacity for treating eating disorders.



ECONOMIC

By training providers in family-based treatment, length of costly hospital stays will be reduced.

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Find out more:

[Read the full case study](#)

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