

Healthy Eating

Articles

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Reports

[National Audit of Eating Disorders: service mapping report 2025.](#)

Healthcare Quality Improvement Partnership (HQIP); 2025.

<https://www.hqip.org.uk/resource/naed-584/>

[This report shares the first findings from the new National Audit of Eating Disorders, detailing data provided about services in England between January and May 2025. The audit found high levels of multidisciplinary working and strong uptake of NICE-recommended therapies, reflecting good practice across many teams. However, it also revealed significant variation in access, service configuration, and waiting times across regions and age groups.]
Freely available online

[Bridging the Gap : How to fix the food system for everyone](#)

Sustain; 2025.

<https://www.sustainweb.org/assets/bridging-the-gap-how-to-fix-the-food-system-for-everyone-1764673053.pdf>

[This report sets out key policy recommendations and the next steps to unlock opportunities for British farmers and growers to supply climate and nature friendly fruit, vegetables (veg) and pulses, that are accessible to everyone. These recommendations are based on nine pilots that were codesigned and run by partners across the UK.]
Freely available online

[Roadmap to Reducing Food Insecurity in the UK.](#)

The Food Foundation; 2025.

https://foodfoundation.org.uk/sites/default/files/2025-11/Road%20Map%20to%20Reducing%20Food%20Insecurity%20in%20the%20UK_3.pdf

[Millions of people across the UK are still facing food insecurity with the latest figures showing one in 10 households (11.3%) are affected. This report aims to understand the scale of the problem, the extent to which people are struggling, and identify who is at most



at risk so the government and local authorities can most effectively target support.]

Freely available online

Systematic Review / Meta-Analysis

Ketogenic Diets and Depression and Anxiety: A Systematic Review and Meta-Analysis.

Janssen-Aguilar R. *JAMA Psychiatry* 2025;;doi: 10.1001/jamapsychiatry.2025.3261.

[Ketogenic diets (KDs) have been hypothesized to influence mental health through pathways involving mitochondrial function, inflammation, and neurotransmitters, but their therapeutic value in psychiatric populations remains uncertain. Aim: To assess the associations between KDs and mental health outcomes in adults, with a focus on depressive and anxiety symptoms.]

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