

Pediatric Mental Health ECHO: Complex Cases and Deeper Dives  
**Managing Anorexia: Resources Summary**

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**Calculators:**

- **CDC – BMI Percentile Calculator for Child and Teen**  
<https://www.cdc.gov/healthyweight/bmi/calculator.html>
- CDC Median BMI Charts  
[https://www.cdc.gov/growthcharts/html\\_charts/bmiagerev.htm#females](https://www.cdc.gov/growthcharts/html_charts/bmiagerev.htm#females)
- [BMI Z-Score and Percentile Calculator \(bcm.edu\)](#)

**Screening Tools:**

- Eating Attitudes Test-26 ([EAT-26](#))
- [Avo-MD](#): online tool for screening, assessment and treatment of potential eating disorders

**Level of Care Determination**

- [ParentToolkit.pdf \(nationaleatingdisorders.org\)](#) (page 27)

**Practice Guidelines:**

- [The American Psychiatric Association Practice Guideline for the Treatment of Patients With Eating Disorders \(psychiatryonline.org\)](#)
- [APA Guidelines Bundle](#)

**Regional Resources/Referrals:**

- [Adolescent Youth | Health Improvement Initiative \(YHII\) | College of Medicine | University of Vermont \(uvm.edu\)](#)
- **Adolescent Eating Disorder Assessment and Recommendations Clinic (EDAC) – Tuesdays**
  - UVM Children’s Hospital Division of Adolescent Medicine
  - **Appointments Available** – Contact Adolescent Medicine, 802-847-4696, fax: 802-847-4612
  - We encourage referral ASAP upon identification of concern.
  - 2 part evaluation for assessment of disordered eating behaviors and recommendations/resources for care
  - 2 visits over 1 week period
  - Initial visit 90mins with patient and parent/guardian for assessment
  - Second 60min visit with patient and parent/guardian to discuss detailed written assessment and recommendations/resources for care.

- Diagnosis, level of care recommended, informational resources for patients, families and primary care teams. Lists of experienced mental health providers, registered dietitians, intensive outpatient programs, partial hospitalization programs, residential treatment programs are provided as indicated.
- The EDAC team does not provide ongoing outpatient care at this time but the care team remains available for phone consultation to primary care teams after patients are seen.
- Dr. Gibson is available for urgent eating disorder medical consultations via PAS or phone call at any time.

**Resources for Families:**

- [F.E.A.S.T.](#) – Support and resources for families affected by Eating Disorders
- National Eating Disorder Association ([NEDA](#))
- National Alliance for Eating Disorders ([Support Groups](#))