**Avoidant Restrictive Food Intake Disorder (ARFID) and Pediatric Feeding Disorder (PFD)**

> If a patient has a diagnosis of ARFID, it may be worth reassessing from the pediatric feeding disorder (PFD) perspective to see if the cause of feeding difficulties might include a medical or skill dysfunction, and not be purely behavioral.  
> -Dr. Richard Noel, Feeding Matters Volunteer Medical Director

<table>
<thead>
<tr>
<th><strong>THERAPEUTIC END USER</strong></th>
<th>ARFID</th>
<th>PFD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primarily mental health providers</td>
<td></td>
<td>Multidisciplinary</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>DIAGNOSIS DEVELOPMENTAL ORIGIN</strong></th>
<th>ARFID</th>
<th>PFD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Designed to replace and extend the DSM-IV diagnosis of feeding disorder of infancy or early childhood, also driven by desire to better represent patients’ needs with EDNOS receiving treatment within eating disorder programs</td>
<td></td>
<td>Designed based on International Classification of Functioning, Disability, and Health (ICF) framework, recognizing that multidisciplinary care across four core domains represents the standard of care for PFD</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>TYPICAL AGE OF ONSET</strong></th>
<th>ARFID</th>
<th>PFD</th>
</tr>
</thead>
<tbody>
<tr>
<td>No age criteria defined</td>
<td></td>
<td>Pediatric age range, but no specific age criteria defined</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>COMORBIDITIES</strong></th>
<th>ARFID</th>
<th>PFD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental health disorders, with anxiety being most common</td>
<td></td>
<td>Any medical or developmental disability</td>
</tr>
</tbody>
</table>

Developed by Feeding Research Initiatives Task Force with Chair, Dr. William Sharp
### Domain/Possible Manifestation

#### Nutrition

<table>
<thead>
<tr>
<th>manifestation</th>
<th>ARFID</th>
<th>PFD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Significant weight loss</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Significant nutritional deficiency</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Dependence on enteral feeding or oral formula supplementation</td>
<td>✔</td>
<td>✔</td>
</tr>
</tbody>
</table>

#### Psychosocial

<table>
<thead>
<tr>
<th>manifestation</th>
<th>ARFID</th>
<th>PFD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food avoidance</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Disruption in social function</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Disruption in relationships</td>
<td>✔</td>
<td>✔</td>
</tr>
</tbody>
</table>

#### Medical

<table>
<thead>
<tr>
<th>manifestation</th>
<th>ARFID</th>
<th>PFD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardiorespiratory compromise</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Aspiration</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Any medical disorder</td>
<td>✔</td>
<td>✔</td>
</tr>
</tbody>
</table>

#### Feeding Skill

<table>
<thead>
<tr>
<th>manifestation</th>
<th>ARFID</th>
<th>PFD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Need for texture modification</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Use of modified feeding position or equipment</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Use of modified feeding strategy</td>
<td>✔</td>
<td>✔</td>
</tr>
</tbody>
</table>

---

Feeding Matters welcomes all families with children who struggle to eat and the professionals who serve them. Information and support is inclusive of all diagnoses related to feeding difficulties. If your family has an ARFID diagnosis, you too can find helpful information within the Feeding Matters community.

[FEEDINGMATTERS.ORG](http://FEEDINGMATTERS.ORG)