

Alsana Expands Support for ARFID Treatment Through Personalized Eating Disorder Care

LOS ANGELES, PA, UNITED STATES, July 24, 2026 /EINPresswire.com/ -- Avoidant/Restrictive Food Intake Disorder, better known as ARFID, was officially recognized as an eating disorder diagnosis in 2013. Yet over a decade later, it remains widely misunderstood.

The [National Eating Disorders Association](#) reports that people with ARFID eat less food, or less variety of it, and its reasons may vary. Some may feel almost no appetite at all, or they have reactions to certain tastes, smells, and textures. Others may be afraid of choking, throwing up, or getting sick from a certain food.

Children tend to be picky eaters, so ARFID is also often thought of as a childhood condition. But adults struggle with ARFID, too. In fact, [recent studies](#) show that adults can actually develop it later in life. Unfortunately, because many medical providers don't think to screen adults for ARFID, countless people end up suffering in silence for years.

Alsana is an eating disorder treatment center with locations in California and Alabama, that also serves 48 states virtually. They offer specialized [eating disorder treatment programs](#) to address the gap in ARFID care. Care options for ARFID include residential treatment, day programs (PHP), and intensive outpatient (IOP) programs.

In addition to inpatient care, Alsana is often mentioned in discussions about virtual treatment options, particularly for individuals who need more support than outpatient care but are not able to step fully away from their responsibilities. Virtual formats offered include virtual PHP and IOP (vPHP/vIOP) for ARFID.

Notice any of this in yourself or someone close to you? Taking an early, proactive approach to treatment makes the biggest difference.

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