

Within Health Maintains Strong Patient Outcomes as Individualized Eating Disorder Care Scales

Within's 2024-2025 Outcomes Report underscores the effectiveness of intentionally designed remote eating disorder care.

COCONUT GROVE, FL, UNITED STATES, September 1, 2026 /EINPresswire.com/ -- Eating disorders

“

Our approach to assessing our programs has become more nuanced, comprehensive, and inclusive as we've evolved.”

*Caitlin Shepherd, Senior
Director of Clinical Research
and Outcomes*

are complex illnesses that require highly individualized care. Yet, significant barriers can interfere with patients' ability to access and remain engaged in appropriate treatment. A new report from Within Health examines outcomes from an intentionally designed remote care model built to deliver comprehensive, personalized eating disorder treatment within patients' everyday environments.

Analyzing data from patients who received treatment through Within Health's enhanced partial hospitalization

program (PHP) and intensive outpatient program (IOP) from 2024 through 2025, the report found statistically significant improvements across outcome domains, alongside high patient satisfaction.

Notably, among patients at discharge:

- 68% had eating disorder symptoms below the clinical cutoff.
- 67% had depressive symptoms below the clinical cutoff.
- 69% were at or above 90% of their biologically appropriate weight.
- 89% agreed or strongly agreed that they were satisfied with their care.

Importantly, patients across symptom severity, age, and diagnostic groups achieved similarly positive outcomes, reinforcing the value of Within's personalized care model.

"For too long, patients have had to fit their lives around treatment or simply forgo care when that isn't possible," said Dr. Wendy Oliver-Pyatt, Co-Founder, CEO, and CMO at Within Health. "Remote care shouldn't be viewed simply as a way to overcome barriers to treatment. When intentionally designed, it allows us to deliver sophisticated, highly individualized care within

patients' everyday environments, supporting them as they build resilience and develop new relationships with food, their bodies, and daily life."

Within delivers comprehensive higher-level eating disorder care through an integrated, multidisciplinary model designed to provide highly individualized, effective treatment. By combining evidence-based clinical care with technology, medical monitoring, nutrition support, and individualized interventions, Within extends expert care beyond scheduled treatment sessions and into patients' everyday environments. This approach helps the care team better understand patients' needs and personalize treatment as those needs evolve.

Since publishing its first Outcomes Report, Within has scaled substantially—including expanding into additional states and securing in-network partnerships—while maintaining consistently strong patient outcomes.

"We've remained deeply committed to upholding the clinical rigor necessary to help our patients recover as we've grown," said Dr. Oliver-Pyatt. "The consistency of our outcomes as we've scaled is an important indication that our model can grow while maintaining highly individualized, effective eating disorder treatment."

As Within has grown, the organization has simultaneously expanded how it evaluates treatment impact. Incorporating supplementary symptom measures, individualized weight restoration metrics, and both supporter and post-discharge results, the 2024-2025 report demonstrates improvements during treatment, along with stable outcomes for patients up to one year afterward.

"Within has been committed to rigorous and transparent outcomes measurement and reporting from the beginning," said Caitlin Shepherd, Senior Director of Clinical Research and Outcomes at Within Health. "However, our approach to assessing our programs has become more nuanced, comprehensive, and inclusive as we've evolved. These advancements allow us to understand how our patients are doing with greater depth and breadth and use those insights to refine our care."

Within Health's Outcomes Report reflects the organization's ongoing commitment to transparency and evidence-based care, providing insight into how a patient-centered, technology-enabled approach can help reshape the future of eating disorder treatment. The full 2024–2025 Outcomes Report is available to [view online](#).

Information Session

Within Health will host a free information session offering an inside look at its 2024–2025 Outcomes Report. Presented by Dr. Caitlin Shepherd, Senior Director of Clinical Research and Outcomes, the session will explore Within's latest clinical outcomes, findings across patient groups, and expanded approach to evaluating treatment effectiveness as its intentionally remote care model has grown and scaled.

- Date: Thursday, September 17, 2026
- Time: 12:00 PM - 01:00 PM (EDT)
- [Register here](#)

About Within Health

Within Health (withinhealth.com) is a physician-founded, clinically led, and intentionally designed fully remote eating disorder treatment provider. The program delivers comprehensive, personalized care at enhanced Partial Hospitalization (PHP) and Intensive Outpatient (IOP) levels through integrated therapy, remote patient medical monitoring, advanced nutrition support, and individualized meal interventions. Named a Forbes Top Startup Employer in 2025 and 2026, Within maintains an average clinical staff tenure of over two years and a turnover rate of just 3.24%, significantly lower than industry standards. With proprietary technology, evidence-based protocols, and consistently strong clinical outcomes, Within sets the benchmark for accessible, effective, and lasting eating disorder treatment. To learn more about Within and its mission, visit <https://withinhealth.com>.

Jamie Singleteary

Within Health

[email us here](#)

Visit us on social media:

[LinkedIn](#)

[Instagram](#)

[Facebook](#)

[YouTube](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/938509718>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2026 Newsmatics Inc. All Right Reserved.