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Summary

RISK OF AVOIDANT/RESTRICTIVE FOOD INTAKE DISORDER-LIKE PHENOTYPE IN CHILDREN WITH CELIAC DISEASE: A NATIONWIDE POPULATION-BASED COHORT STUDY

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UEG Week Barcelona 2026 | Presentation

Endoscopy | Small Intestine & Nutrition | Immunology

October 19, 2026

Children with celiac disease showed a 70% increased risk of developing an ARFID-like phenotype before age 18, with the highest risk in boys and children aged 6-11 years.

KEY POINTS

- In this Swedish nationwide cohort of 13,576 children with biopsy-confirmed celiac disease matched to 66,068 references, the adjusted hazard ratio for ARFID-like phenotype was 1.70 (95% CI: 1.19 to 2.44) over a median 12.6-year follow-up.
- The association was strongest in boys (aHR 2.86, 95% CI: 1.47 to 5.58) and children aged 6-11 years at index date (aHR 2.32, 95% CI: 1.27 to 4.25), but not significant in girls or other age groups.
- ARFID-like phenotype was identified using ICD-10 proxy codes F98.2 and R63.3 because a specific ARFID code exists only in ICD-11; the absolute risk remained low at 57 per 100,000 person-years.
- The association became non-significant when excluding conditions potentially causing secondary eating disturbances (aHR 1.36, 95% CI: 0.83 to 2.22) and in sibling comparisons (aHR 1.78, 95% CI: 0.96 to 3.31).
- The authors recommend clinicians discuss mental distress associated with maintaining a gluten-free diet and avoid hypervigilance in disease management guidance.

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