

# EATING DISORDER AWARENESS WEEK 2017

## AN EATING DISORDER IS NOT A CHOICE BUT A SERIOUS ILLNESS.

An eating disorder is not a diet gone too far, a trend or a choice. It is a serious, often devastating illness where the only real choice is to get help.

[www.nedic.ca](http://www.nedic.ca)



Religious Hospitallers  
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**HOTEL DIEU HOSPITAL**

### *Why is Eating Disorder Awareness Week important?*

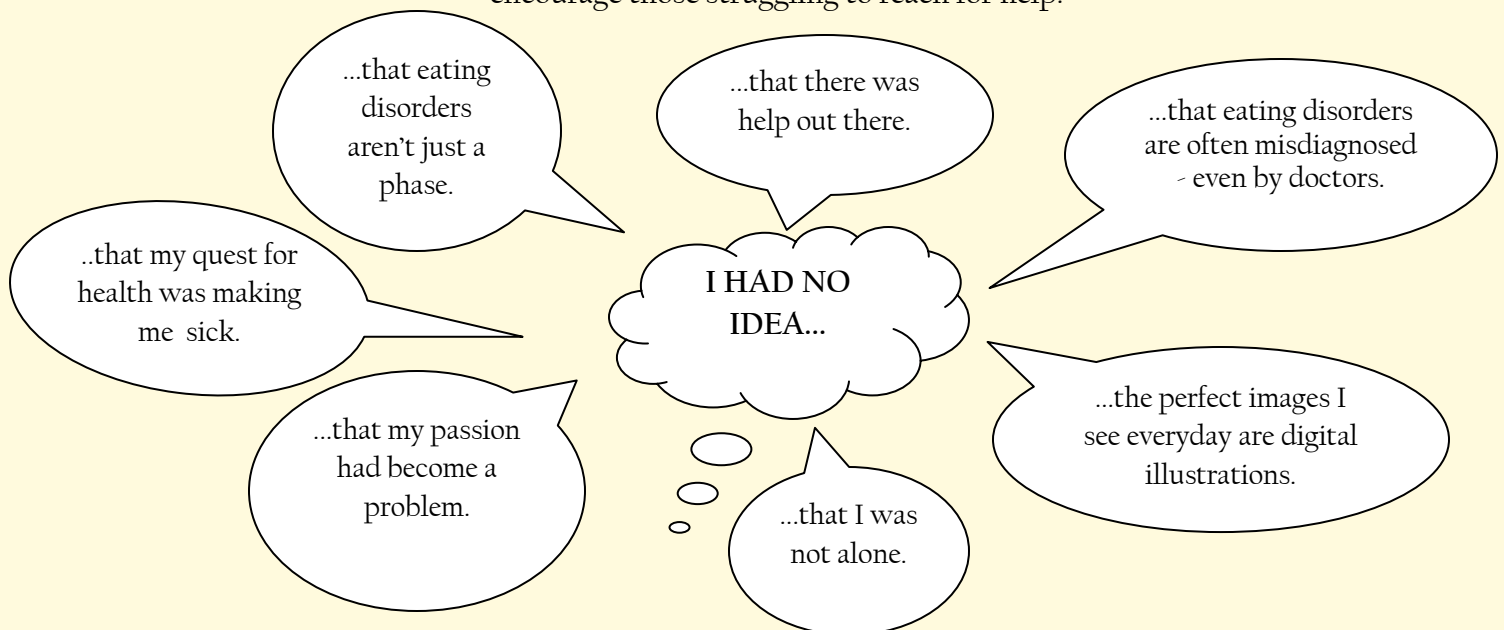
Eating Disorder Awareness Week is recognized at the beginning of February and features a different theme each year aimed at creating awareness of an illness that boasts the highest mortality rate of any mental illness.

The 2017 theme reminds us that eating disorders are not a choice but a serious illness.

It is not a diet gone too far, a trend, or a choice.

As we embrace EDAW 2017, the themes from previous years also continue to resonate. Last year we were reminded that eating disorders are as diverse as the people they affect. They do not discriminate; they affect people of every age, race, gender, and socio-economic status. The 2015 theme of “Talking Saves Lives” is woven throughout this year’s message as well, reminding us that open and supportive dialogue helps break the shame, stigma, and silence affecting nearly 1 million Canadians that are living with a diagnosed eating disorder and the others who are struggling on their own.

Eating Disorders can be widely misunderstood and generalized. EDAW aims to provide information, heighten awareness, dispel myths, advocate for changes in social attitudes, educate professionals, and encourage those struggling to reach for help.



## The Adult Eating Disorder Program at Hotel Dieu Hospital

The program provides diagnostic assessment, consultation, and interdisciplinary treatment services to females and males 18 years of age and older. The Adult Eating Disorders Team includes psychiatrists, clinical psychologist, nurse practitioner, dietitian, social worker, occupational therapist, and support staff.

The AEDP provides group therapy based programming for clients that meet DSM-5 diagnostic criteria for an eating disorder and have a BMI of 16 or higher.

Examples of the group therapy available include:

- Cognitive Behaviour Therapy
- CBT for Body Satisfaction
- Acceptance & Commitment Therapy
- Cognitive Remediation Therapy
- Coping & Living Mindfully
- Therapeutic Meal Support
- Nutrition Groups
- Family & Friends Information Session

*\*Please note:*

Our program *does not* currently accept referrals for Binge Eating Disorder and we do not currently offer individual therapy.



## 9 Truths about Eating Disorders

1. You can't tell by looking at someone whether they have an eating disorder.
2. Families are not to blame.
3. Families can be the patients' best allies in treatment.
4. Eating disorders are not choices, but serious biologically-influenced mental illnesses.
5. Eating Disorders affect people of all genders, ages, races, ethnicities, sexual orientations, and socioeconomic statuses.
6. Eating disorders carry an increased risk for both suicide and physical/medical complications.
7. Genes play a role in eating disorders, but environment also influences their development.
8. Genes are not destiny when it comes to eating disorders.
9. Full recovery from an eating disorder is possible.

Produced by NEDIC in collaboration with Dr. Cynthia Bulk, PhD, FAED and based on Dr. Bulk's 2014 "9 Eating Disorder Myths Busted."


## HOW TO BE SUPPORTIVE TO AN INDIVIDUAL WITH AN ED

- ✓ Educate yourself on eating disorders; learn the terminology.
- ✓ Learn the difference between facts and myths about weight, nutrition, and exercise.
- ✓ Listen openly and reflectively and be patient and non-judgmental.
- ✓ Talk with the person in a kind way when you are calm and not angry, frustrated, or upset.

- ✓ Have compassion when the person brings up painful issues about underlying problems.
- ✓ Ask what you can do to help and let him/her know you only want the best for them.
- ✓ Remind the person that he/she has people who care and support him/her.
- ✓ Suggest professional help in a gentle way and offer to go along.

- ✓ Be flexible and open with your support.
- ✓ Be honest.
- ✓ Compliment the person's personality, successes, and accomplishments.
- ✓ Encourage all activities suggested by the treatment care team, such as keeping appointments and medication compliance.

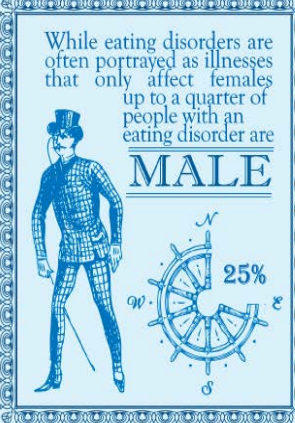
# • GUYS GET EATING DISORDERS TOO •



“Over-exercising and extreme pursuit of muscle growth are often seen as healthy behaviours for males. Actually they can indicate a significant disorder and can lead to severe health issues.”

While eating disorders are often portrayed as illnesses that only affect females up to a quarter of people with an eating disorder are

## MALE

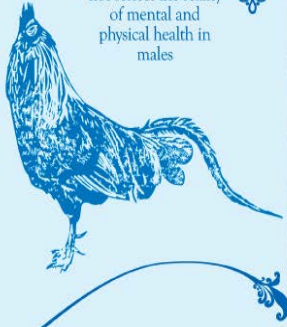


25%


## FALSE MESSAGES

Males are often exposed to cultural messages that can increase their vulnerability towards developing an eating disorder.


These messages do not reflect the reality of mental and physical health in males



**You are what you look like**  
**MALES SHOULD ONLY HAVE ONE BODY TYPE**  
**Males need to be in control**  
**Eating disorders aren't masculine**




## Getting Help



If you suspect you or someone you know has an

### Eating Disorder

seek help immediately  
 Find help in your area by visiting:  
[www.nedc.com.au/helplines](http://www.nedc.com.au/helplines)



Is it possible for a male to recover from an eating disorder?

## YES

Evidence shows the sooner anyone starts treatment for an eating disorder, the shorter the recovery process.

**Snapshot**

[nedc.com.au/eating-disorders-in-males](http://nedc.com.au/eating-disorders-in-males)

The National Eating Disorders Collaboration (NEDC) is an initiative of the Australian Government Department of Health

Poster created by The National Eating Disorder Collaboration (NEDC), which is the initiative of the Australian Government Dept. of Health <http://www.nedc.com.au>

### The Male Treatment Track in the AEDP at Hotel Dieu Hospital

Eating Disorders in males often go unrecognized and many men struggling with the illness do not receive the evidence-based care they need. The Treatment Track for Males is a service aimed at bridging that gap and reaching men in the community struggling with disordered eating. It was launched by Dr. Brad Mac Neil, C.Psych in September 2015. As a result, the number of male patients seen in the AEDP at HDH has increased by 50%.

## HOW TO BE SUPPORTIVE TO AN INDIVIDUAL WITH AN ED

- ✓ Encourage social activities that don't involve food.
- ✓ Encourage the person to buy food that he/she will want to eat (as opposed to only "healthy" foods).
- ✓ Help the person to be patient.
- ✓ Help with the person's household chores (e.g., laundry, cleaning) as needed.

- ✓ Remember: recovery takes time and food may always be a difficult issue.
- ✓ Remember: recovery work is up to the affected person.
- ✓ Show care, concern, and understanding.
- ✓ Ask how she/he is feeling.
- ✓ Try to be a good role model.

- ✓ Understand that the person is not looking for attention or pity.

**FAMILY & FRIENDS OFFER ESSENTIAL SUPPORT IN THE FIGHT AGAINST EATING DISORDERS.**

~ Compiled by the National Eating Disorder Association

# EATING DISORDERS IN CANADA\*

**NEARLY 1 MILLION** individuals are diagnosed with an eating disorder at any given time.

**BUT 1 IN 2** report knowing someone (including themselves) who has or has had an eating disorder.

## MYTHS

**91%** think that the media pressures to have 'the perfect body' drive individuals to develop eating disorders.

**40%** believe eating disorders are a **CHOICE**.

**89%** believe eating disorders are preventable...

**BUT, 1 IN 3** admit they wouldn't be able to recognize the warning signs.

FOR EATING DISORDER FACTS AND HELP VISIT [NEDIC.CA](http://NEDIC.CA)

**nedic** 30 YEARS  
National Eating Disorder Information Centre  
THERE FOR EVERY BODY SINCE 1985

1-866-633-4220

\*Focus Field conducted a survey of 1,005 Canadians on behalf of National Eating Disorder Information Centre, University Health Network between November 18 and 21, 2014. The poll is accurate to within +/-3.5 percentage points, 19 times out of 20 and is representative of the Canadian adult population according to Census data.

## What is Normal Eating?

- Normal eating is having 3 meals a day with 1 or 2 snacks.
- Normal eating is trusting your body to make up for your mistakes in eating.
- Normal eating includes a variety of food choices in order to maximize your nutritional intake.
- Normal eating is being able to eat when you are hungry and continue eating until you are satisfied.
- Normal eating is eating with family and friends and eating in public places.
- Normal eating is being able to choose foods you like, eat regular portions, and truly enjoy your meals.
- Normal eating takes up some of your time and attention, but keeps its place as only one important area of your life.
- Normal eating is FLEXIBLE. It varies in response to your emotions, your schedule, your hunger, and your proximity to food.

*Adapted from material from the Ottawa Hospital Eating Disorder Program and from "How to get your kid to eat ....but not too much." By Ellen Satter, 1987.*

LOOKING FOR MORE INFORMATION?

The Adult Eating Disorder Clinic at Hotel Dieu  
[www.hoteldieu.com/programs-and-departments/adult-eating-disorders-program](http://www.hoteldieu.com/programs-and-departments/adult-eating-disorders-program)

The National Eating Disorder Information Centre (NEDIC) - [www.nedic.ca](http://www.nedic.ca)

Ontario Community Outreach Program for Eating Disorders - [www.ocoped.ca](http://www.ocoped.ca)

Eating Disorders Association of Canada - [www.edac-atac.ca](http://www.edac-atac.ca)



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