

THE BASICS



What? - eating disorders (EDs) are complex mental illnesses with biological, psychological, social, & environmental components.

There are currently several medically recognized diagnoses: binge eating disorder (most common), otherwise specified feeding and eating disorders, bulimia nervosa, and anorexia nervosa (least common).

Who?- EDs affect people of all ages, WEIGHTS, genders, sexual orientations, socioeconomic statuses, & ethnic backgrounds

Why? - EDs are coping mechanisms; they serve various purposes for each individual based on their life circumstances.



WHY DOES IT MATTER?

MORBIDITY & MORTALITY

- EDs have the **HIGHEST** mortality rate of any psychiatric illness (due to physical complications and suicide)
- Individuals with EDs commonly struggle with other mental health issues (e.g. depression, trauma, anxiety, PTSD, personality disorders, bipolar disorder, substance use, etc.)
- Mental illness (along with neuropsychiatric disorders) represent the **LARGEST** category of global disease burden impacting people's ability to participate in their community and workforce (WHO)

DIET CULTURE

- Diet culture and weight stigma affect us all (whether you have an ED or not).
- Weight stigma has been shown to negatively impact both people's physical and mental health



PURPLE UP FRIDAY - RAISING AWARENESS FOR EATING DISORDERS

Purple Up Friday is an annual event we (VIVED) host to help raise awareness for eating disorders. It takes place on the Friday of Eating Disorders Awareness Week (February 7th, 2020).

Show your support for those struggling with eating disorders by wearing purple and snapping a photo. Send us your photo, tag us on instagram using [#purpleupfriday2020](https://www.instagram.com/purpleupfriday2020) or upload it to our Purple Up Friday Facebook page for a chance to win some awesome prizes!



DID YOU KNOW?

More than 1/2 of girls & 1/3 of boys engage in unhealthy weight control behaviors (e.g., fasting, vomiting, laxatives, skipping meals, or smoking to control appetite) - Project EAT findings

Body dissatisfaction & weight change behaviours have been shown to predict later physical & mental health difficulties,



The risk for mortality is **LOWEST** for people with BMIs 25 -30 ("overweight").



Eating disorders have the **HIGHEST** rate of mortality for an mental health disorder

1,000,000 people (reportedly) struggle with an eating disorder in Canada alone

B.C. has the **HIGHEST** rate of readmission to hospital with a mental health diagnosis in Canada & one of the **HIGHEST** costs for average hospital stays

The estimated annual cost of mental illness in Canada is 51 billion (CPA, 2014)

Mental health received only 7.2% of the national annual budget for healthcare spending in Canada in 2015

Eating disorders tend to have an onset in adolescence, but impact individuals across the age range (childhood/adolescence into people's final decades of life)

Who Are We?

VIVED is a developing collection of voices (patients, families, professionals, & the public) interested in eating disorder advocacy & awareness in our community



Vancouver Island Voices
for
EATING DISORDERS

CONTACT US

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ALL ABOUT

EATING DISORDERS