

THE BASICS



What? - eating disorders (EDs) are complex mental illnesses with biological, psychological, social, & environmental components. There are currently several recognized types: 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



MOVING FORWARD IN THE CARE OF EATING DISORDERS IN B.C.

- Advocate for improved and expanded services for eating disorders and related mental health issues with a focus on upstream & community-based approaches
- Create collaborative partnerships between patients, families, & professionals
- Provide education to the broader public concerning EDs & weight stigma



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?

Officially incorporated as a non-profit society in the province of B.C. in September of 2018

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



CONTACT US

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Vancouver Island Voices
for
EATING DISORDERS

ALL ABOUT

EATING DISORDERS