

WORLD EATING DISORDERS ACTION DAY

June 2, 2016 - NINE Goals Launched

Today June 2 marks the first World Eating Disorders Action Day, with activities across the globe and online to increase awareness and demand policy change.

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[World Eating Disorders Action Day](#) June 2, 2016

For IMMEDIATE RELEASE June 2, 2016

GLOBAL – Today June 2, 2016 marks the inaugural World Eating Disorders Action Day, grassroots campaign designed by people and families affected by eating disorders to increase awareness, eradicate myths and collectively advocate for resources and policy change. In addition to the virtual events on Facebook, Twitter, Instagram,



LinkedIn a number of countries are hosting LIVE events on this day to raise awareness and advocate for action. The goals of the campaign are to advance understanding of eating disorders as treatable, genetically-linked illnesses; embrace diversity; raise awareness among policy makers to allocate resources and establish coherent national systems; and advocate for change at an international level.

The first-ever World Eating Disorders Action Day sends a powerful message to policymakers across the globe on the need for action; underscores the fact that eating disorders don't discriminate; and provides a message of hope for successful intervention.

Today World Eating Disorders Action Day releases the "NINE GOALS: Taking Action Against Eating Disorders" and is calling for World Health Organisation and national government recognition. The NINE GOALS were developed with input from thousands of activists and professionals across the world.

The inaugural campaign unites over 3000 activists, 200+ organisations from 40 countries across the globe, and has also drawn attention of celebrities such as Keanu Reeves, Lily Collins and Carrie Preston who created a Public Service Announcement ([PSA](#)) to draw attention to these life-threatening, genetically linked yet treatable illnesses.

Click on link here to view:

<http://www.worldeatingdisordersday.org/>

The NINE GOALS:

We call for systematic review by policy makers and rational programs to support achievement of the NINE Goals.

1. We call for all front line providers (including pediatricians, primary care doctors, dentists, emergency room and school health providers) to be educated in the identification, diagnosis and referral to appropriate services of eating disorders.

2. We call for accessible and affordable evidence-based treatment, with early diagnosis and intervention a priority.

3. We call for public education about eating disorders to be accurate, research based, readily available and geared to end stigma about eating disorders.

4. We call for an end to mandatory weighing and BMI screening in schools, and development of evidence-based health programs.

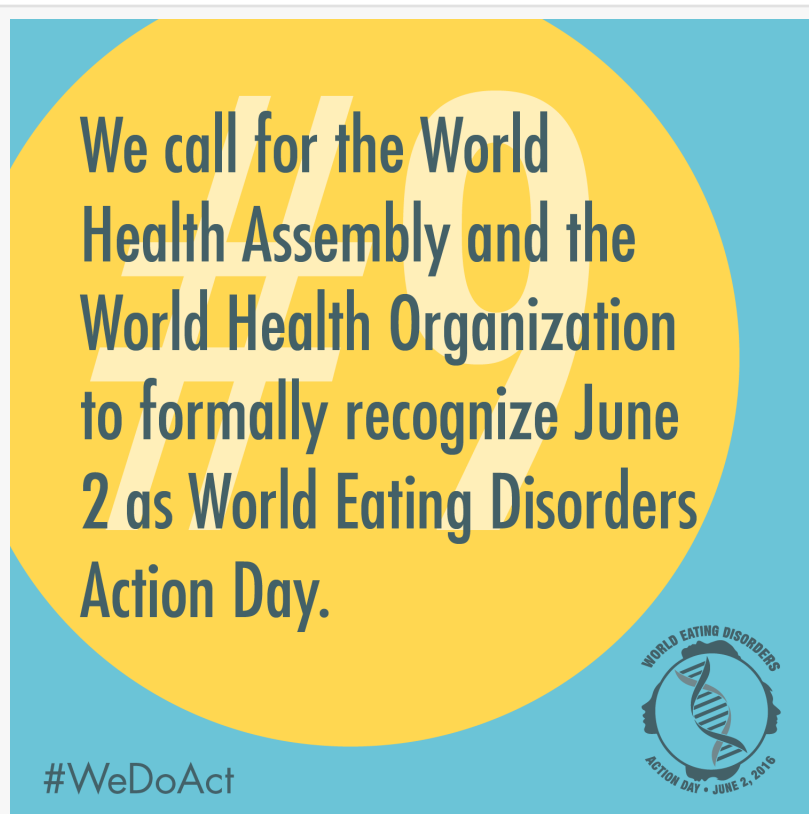
5. We call for increased awareness of diversity in eating disorders, as eating disorders affect a wide cross section of the world's population, including people of all ages, sizes, weights, genders, sexual orientations, ethnicities, nationalities, and documentation status.

6. We call for community and family eating disorders treatment support programmes to be available for all.

7. We call for research-based interventions to be delivered in schools and universities on the facts about eating disorders, and how peers and staff can best support patients and families during treatment.

8. We call for government agencies to include eating disorders services as part of health systems, public education campaigns, and regulatory bodies.

9. We call for the World Health Assembly and the World Health Organization to formally recognize June 2 as World



We call for World Health Organization recognition of June 2 as World Eating Disorders Action Day



According to Amy Cunningham, Chair of World Eating Disorders Action Day 2016 Steering Committee "The NINE Goals were developed through broad-based dialogue and are a clarion call for practical action in the fight against eating disorders at the global and local levels. As a collective we are confident that great suffering will be averted with the application of these important actions."

Says Stephanie Covington Armstrong, Steering Committee and author of Not All Black Girls Know How to Eat, "Eating Disorders affect us all, and now it is important to be inclusive in the treatment and resources available so we can all get the help we need."

Author June Alexander notes, "Eating disorders, by their very nature, are isolating illnesses. I know. I was held prisoner for more than 40 years. I know the importance of reaching out, sharing, giving people a Voice. I want everyone, everywhere, with eating disorder symptoms to know they are not alone, and to have access to the right care so they, like me, can recover. This is why I support the inaugural World Eating Disorders Action Day."

For more information

Visit: www.WorldEatingDisordersDay.org

To share the PSA: <https://youtu.be/Yrgrlts5WV8>

Facebook: www.Facebook.com/WorldEatingDisordersDay

Twitter: www.Twitter.com/WorldEDDay

Join the conversation: #WeDoAct #WorldEatingDisordersDay

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