

Eating Disorder Awareness Week 2019

Eating Disorders Can't Afford to Wait

Annually, across Canada, February 1 - 7 has been proclaimed Eating Disorders Awareness Week (EDAW). EDAW is a collective effort, with organizations across the country, led by a partnership of NEDIC, NIED, CMHA, Body Brave and the Looking Glass Foundation. We are all hosting local events, lighting notable landmarks in the colour purple, and engaging the public in campaigns to raise awareness.

Why?

Over 1 million Canadians struggle with Eating Disorders - almost the entire population of Saskatchewan.

Eating Disorders affect people of all genders, sexual orientations, ages, socioeconomic class, abilities, races, and ethnic backgrounds. It is time to take action. Together we can inspire and generate support for:

- More research
- Enhanced training
- Crucial caregiver support
- Better treatment options
- Greater prevention efforts
- Education to stigma-bust

Five things you can do to take action this EDAW

1. #Showusyourpurple

From coast-to-coast, landmarks like Niagara Falls, the Peace Bridge, Vancouver City Hall, and more are lighting up purple. You can join the movement and show us your purple on social media!

2. Follow the conversation

Use the hashtags #EDAW2019 or #SemTA2019 (FR). Share, re-post, or re-tweet our downloadable graphics, or create a custom social media post sharing something meaningful for you.

3. Host or attend an event

Local events are being organized by advocates across the country. Find out what's happening in your community.

4. Donate to an ED organization

Consider donating to your local Eating Disorder organization to support their work. A list of our EDAW partners and their websites can be found at:
www.nedic.ca/EDAW

5. Discuss Eating Disorders

Take a look at our messages and discuss them with your family or at your place of work. Through open, supportive dialogue, we can create change.