

Donor News!

This summer, NEDIC was the successful recipient of two grants! We are grateful to Echo Foundation for their continued support of our Instant Chat Program with a gift of \$15,000. Thank you TELUS Friendly Future Foundation (through TELUS Greater Toronto Area Community Board) for a generous grant of \$19,000 which will support our toll-free helpline and fund a study to explore a texting option to be added to our services!

Takeda Canada Inc. (formerly Shire Pharma Canada) has once again supported NEDIC's vital programs with a gift of \$25,000! This year, we are proud to partner with Takeda to update NEDIC's Binge Eating Disorder (B.E.D) related resources. We also welcome Takeda as a Gold Level Sponsor of our *Zest For Life* fundraiser in October. With this most recent gift, we are thrilled to recognize Takeda as a Pewter Level Donor (donors who have contributed more than \$100,000 to NEDIC). Thank you Takeda for your continued support of our work!



NEDIC's 7th Biennial Body Image and Self Esteem Conference

NEDIC hosted its 7th biennial body image and self-esteem conference, *Radical Unlearning*, in Toronto on May 9 and 10 and it was a resounding success, as evidenced by feedback that we received from attendees:

"I left feeling so inspired!"

"Amazing...Felt all the emotions!"

"It was awesome!"

This is just a small sampling of the words that participants used in describing their experience to us. Many participants also shared their highlights on Twitter and Instagram using the hashtag #NEDIC2019. We welcomed close to 300 participants who came from across Canada, as well as from the United States, the United Kingdom, and Mexico. The diversity among the audience, which included dietitians, educators, counsellors, nurses, psychologists, social workers, health promoters, and fitness professionals, as well as individuals with lived experience, fostered rich discussions that we are confident are being continued post-conference.

Using this year's theme of radical unlearning as a framework, the conference program addressed critical issues in eating disorder prevention and treatment. Speakers tackled topics including challenging conventional

approaches to health promotion and treatment; increasing access to eating disorder care for marginalized populations; eating disorders among the LGBT2SQnC community; and innovations in eating disorder prevention. Keynote speakers Sonya Renee Taylor, Ben Berry, Gerry Kasten, and Lucy Aphramor all received standing ovations for their impassioned and inspiring presentations. Participants were supported in unpacking and unlearning knowledge and practices that may have negatively impacted others or themselves, and exploring new ways of approaching eating- and body-related concerns.

We are grateful to our conference sponsors for their commitment to supporting our mission to advance knowledge about body image, self-esteem, and eating disorders, and for making *Radical Unlearning* such a success.

World Eating Disorders Action Day – JUNE 2ND, 2019



After participating in the previous iterations of World Eating Disorders Action Day (WEDAD), NEDIC led the charge in 2019. The theme for Canada's Eating Disorder Awareness Week, "Eating Disorders Can't Afford to

Wait", was adapted for global use after its national success. NEDIC worked with the WEDAD steering committee to ensure the information presented on www.worldeatingdisordersday.org was clear, inclusive, and impactful.

Every year, representatives from select countries are asked to contribute a blog about the theme for global distribution. NEDIC used Canadian statistics to explain why we cannot afford to wait in addressing the need for early identification and intervention.

Over 200 organizations in 45 countries participated in WEDAD through local events. NEDIC participated in a Facebook Live hosted by Families Empowered And Supporting Treatment for Eating Disorders (F.E.A.S.T.) to share information, dismantle myths and advocate for resources and policy change. The livestream lasted six hours – a purposeful decision to include people around the world in different time zones – and has been viewed thousands of times.

Parent Panels



Since 2013, NEDIC staff have delivered hundreds of student presentations, teacher trainings, and professional development sessions across Toronto. In 2019, we introduced parent panels into the school setting, piloting three events in communities across the GTA.

Parent panels engage and educate caregivers so that a student will hear the same message from their peers, in the classroom, and at home – a whole-school approach. By working with local school stakeholders, we created a space where we addressed caregiver needs, reduced the stigma they experience, and empowered them with supports. NEDIC created a resource to share with attendees, entitled "A Parents' and Caregivers' Guide to Supporting Youth with Eating Disorders" which can be found at www.nedic.ca.

NEDIC is thankful to our parent volunteer coordinators, Sarah Farrell and Nancy Main, for their leadership and efforts in communicating with school partners and liaising with other panelists to advocate for the introduction of these events. We would also like to thank our panelists for participating and providing invaluable insight.



SAVE THE DATE!

Tickets on sale now!

Join NEDIC on **Wednesday, October 16, 2019** as we host our 8th annual Zest for Life fundraising event at the Spoke Club (600 King St. W, Toronto). The event will feature a thrilling silent auction and luxury raffle, with entertainment consisting of both live music and DJ performances. All proceeds raised from the evening will benefit NEDIC's educational programs and national toll-free and instant chat helpline services.

To purchase tickets at the early bird rate visit www.nediczestforlife.ca by September 15!

UPCOMING

**8th Annual Zest for Life
October 16, 2019**

**Scotiabank Toronto Waterfront Marathon
October 20, 2019**

**Help
Support
NEDIC**

For more information please contact

Rekha Wijayaratra

Development Officer

rekha.wijayaratra@uhn.ca

W: 416-340-4800 ext. 4540

C: 647-201-4278

