



# Eating Disorders Action Group

*a community based, charitable organization dedicated to promoting healthy body image and self-esteem and to supporting individuals who experience disordered eating*

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## Mandate, Goals and Objectives

The Eating Disorders Action Group is a community based, charitable organization dedicated to promoting healthy body image and self-esteem and to supporting individuals who experience disordered eating.

Area	Goal	Objective
<b>Support</b>	To support persons who experience disordered eating.	<ul style="list-style-type: none"> <li>➤ Operate a resource centre.</li> <li>➤ Develop, facilitate and evaluate a peer support group for people who experience disordered eating.</li> <li>➤ Research existing programmes and services specific to disordered eating, create and distribute a comprehensive directory of these programmes/services.</li> <li>➤ Provide opportunities for skill development around healthy body image and self-esteem.</li> </ul>
<b>Health Promotion</b>	To promote healthy body image and self-esteem.	<ul style="list-style-type: none"> <li>➤ Promote attaining and maintaining a positive body image, high self-esteem and healthy coping and eating practices.</li> <li>➤ Provide opportunities for personal growth for EDAG members.</li> </ul>
<b>Advocacy</b>	To advocate at various levels on behalf of individuals experiencing disordered eating.	<ul style="list-style-type: none"> <li>➤ Secure a seat at information sharing/decision making tables.</li> <li>➤ Advocate for treatment and support with holistic approach to obtain and maintain personal wellness.</li> </ul>
<b>Prevention &amp; Awareness</b>	To promote healthy body image and self-esteem and to work towards the prevention of the eating disorder.	<ul style="list-style-type: none"> <li>➤ Review literature, research existing prevention programmes and design and implement a prevention strategy.</li> <li>➤ Develop, deliver and evaluate workshops to schools, universities, community groups and organizations.</li> </ul>
<b>Education</b>	To educate individuals, professionals, government decision/policy makers, and the community on disordered eating, body image and self-esteem.	<ul style="list-style-type: none"> <li>➤ Provide an information line.</li> <li>➤ Provide a resource centre specific to eating disorders, self-esteem and body image issues.</li> <li>➤ Disseminate existing materials on the above topics and if appropriate develop materials related to these issues.</li> <li>➤ Distribute a newsletter on the Eating Disorders Action Group to members of the association, community groups, service providers and other interested groups/individuals.</li> <li>➤ Develop, implement and evaluate educational opportunities specific to eating disorders, body image and self for parents, professionals, service providers and other interested groups/individuals (i.e. workshops).</li> </ul>

