



## **PRESS RELEASE**

### **FOR IMMEDIATE RELEASE**

#### ***January 5, 2016* - ANNUAL WORLD EATING DISORDERS ACTION DAY TO TAKE PLACE JUNE 2, 2016**

Members of the eating disorder community, including affected individuals and their families, professionals, researchers and policy makers, have united virtually to increase access to accurate information, eradicate myths and collectively advocate for resources and policy change. The first World Eating Disorders Action Day will take place on June 2, 2016 and generate information virtually around the globe.

<http://WorldEatingDisordersDay.org>

Eating disorders are serious, treatable illnesses that result from a complex interplay of genetics, biology and environment. Eating disorders affect up to 70 million people globally including people of all genders, ages, racial and ethnic identities, nationalities and documentation status, abilities, sizes, and socioeconomic backgrounds. Eating disorders have the highest mortality rate of any mental illness, yet many go untreated despite the fact that new research and methods are increasingly showing positive results for full recovery.

On the heels of the release of the groundbreaking “Nine Truths About Eating Disorders” a global grassroots effort for a World Eating Disorder Action Day was launched to draw attention to these devastating, yet treatable disorders.

According to Amy Cunningham, co-founder of International Eating Disorder Action, “The first ever World Eating Disorder Action Day sends a powerful message to policy makers across the globe on the need for action, underscores the fact that eating disorders don’t discriminate and at the same time gives hope for successful intervention.”

Through virtual and country specific activism, World Eating Disorders Action Day will advance the understanding of eating disorders as treatable genetically-linked illnesses that affect a large cross-section of the world’s population, embraces diversity, and raises awareness amongst policy makers to allocate resources and establish coherent national systems. Furthermore, the Day offers new connections and global

partnerships, grows the advocacy base and creates opportunities for additional actions for change at an international level.

A Steering Committee comprising the Academy for Eating Disorders, Author June Alexander, Beating Eating Disorders, BingeBehavior.com, Elephant in the Room Foundation, Families Empowered and Supporting Treatment of Eating Disorders/F.E.A.S.T, International Eating Disorders Action, Nalgona Positivity Pride, National Association of Males with Eating Disorders, National Eating Disorders Association, Not All Black Girls Know How to Eat and Trans Folx Fighting Eating Disorders will provide guidance and represent communities across the globe.

Contact and to join:

<http://WorldEatingDisordersDay.org>

Facebook: World Eating Disorders Day

Twitter: @WorldEDday and #WeDoAct

Email: [WorldEatingDisorderDay@gmail.com](mailto:WorldEatingDisorderDay@gmail.com)

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