

"Nine Truths About Eating Disorders"

EDC Press Release

May 15, 2015 –The Eating Disorders Coalition for Research, Policy & Action is proud to support “Nine Truths About Eating Disorders,” a statement that promotes awareness of eating disorders. Twelve other eating disorders organizations have also signed on to the “Nine Truths”, which was made possible by their collaboration: National Association of Anorexia and Associated Disorders, Families Empowered and Supporting Treatment of Eating Disorders, Academy for Eating Disorders, National Eating Disorders Association, The International Association of Eating Disorders Professionals Foundation, Residential Eating Disorders Consortium, Multi-Service Eating Disorders Association, Binge Eating Disorder Association, Eating Disorder Parent Support Group, International Eating Disorder Action, Project HEAL, and Trans Folx Fighting Eating Disorders.

“Nine Truths” will help address widespread false beliefs about eating disorders (e.g., “You can tell by looking at someone that they have an eating disorder”; “Families are to blame”). These misconceptions were outlined by Cynthia Bulik, PhD, FAED, in her 2014 talk “9 Eating Disorders Myths Busted,” the presentation on which “Nine Truths” is based. According to Dr. Bulik, “These consensus ‘Nine Truths’ are the new scaffold on which we will build our advocacy efforts for eating disorders. United around these principles, we can enlighten public understanding about eating disorders and advocate effectively for treatment access and resources.”

To access “Nine Truths About Eating Disorders,” please [click here](#).

The Eating Disorders Coalition is a non-profit policy and advocacy organization for persons with eating disorders. For more information, please visit www.eatingdisorderscoalition.org.