"Nine Truths About Eating Disorders"

EDC Press Release


“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.