



Introducing Eating Disorder Safe Principles

How can we make information that people receive about health, food, minds and bodies 'Eating Disorder Safe'?

What is this about?

Throughout the development of the National Strategy, NEDC consistently heard from people with lived experience, their families, carers and supports that there is a need to change the way that society broadly speaks about health, food, minds and bodies. Through our consultations and working groups, people told us about the importance of safe messaging being delivered across healthcare, education, community services, sport, workplaces and social media.

Consistent and safe messages in the ways that professionals speak about bodies, teach about nutrition, develop health and related policies and accommodate difference can help to minimise unintended risks and harms in relation to eating disorders, disordered eating and body image distress.

What is happening now?

NEDC, in collaboration with La Trobe University, has developed a set of principles that will guide the ways that information about health, food, minds and body are provided to people across settings. This is a key eating disorder prevention and harm minimisation initiative, arising from the [National Eating Disorders Strategy 2023-33](#).

The Eating Disorder Safe principles will be published in July 2024. This will include practice examples for how to implement the principles across a broad range of settings.

In addition, NEDC is working in collaboration with Southern Cross University and the Public Health Association of Australia to develop a First Nations-specific Companion Document to the Eating Disorder Safe principles. This will ensure that key considerations for cultural safety and relevance are integrated in all Eating Disorder Safe projects.

**The Eating Disorder Safe Principles will be formally launched on
Wednesday 24 July, 12:00-1:00pm AEST via live webinar.**

We will explore the principles in-depth along with the Companion Document, 'First Nations Perspectives: Strengthening the Eating Disorder Safe Principles'.

Further information at www.nedc.com.au/ed-safe