



About the National Eating Disorders Strategy 2023-2033

The National Eating Disorders Strategy 2023-2033 (the National Strategy) is a call to action and a roadmap for people who care about and are responsible for improving Australia's response to eating disorders.

The National Strategy aims to create meaningful change to improve experiences and outcomes for people with or at risk of eating disorders, and their families, supports, and communities.

Based on a depth and breadth of knowledge and ideas from people with lived experience, clinicians, researchers, governments, community providers, service development leaders and public health experts across Australia, the National Strategy is designed to guide sector development and policy development for the next decade.

Focus

The National Strategy is a system-building strategy. The focus is on defining what is needed in an effective, equitable and coordinated system of care for eating disorders, and on feasible, grounded steps for building it.

Purpose:

To articulate the key components, standards and actions that are required to achieve an effective, equitable and coordinated system of care that meets the needs of people experiencing or at risk of eating disorders and their families/supports and communities.



The National Eating Disorders Strategy provides a clear formulation of the full eating disorders system of care and sets out minimum standards and priority actions to guide system change. In recognition that workforce development is a critical enabler of system change, the National Strategy also sets out workforce minimum standards and priority actions. Outcome evaluation support is also included.

Implementation of the standards and actions involves a broad range of stakeholders including:

- National and state government and regional leaders
- Community, health, and mental health care sectors
- Public and private services
- Eating disorder sector lived experience and service development organisations
- Clinicians and practitioners
- Advocates
- Researchers
- People with lived experience, families and supports

Vision of the National Strategy

- Eating disorder care is embedded in the health systems of all states/territories and regions.
- People experiencing or at risk of eating disorders and their families/supports and communities can access an effective, equitable and coordinated system of care.
- The prevalence of eating disorders is reduced, and recovery outcomes and quality of life are improved for people experiencing eating disorders and their families/supports and communities.

Access the National Strategy and supporting resources at:

<http://www.nedc.com.au/national-strategy>

The development of the National Strategy was funded by the Australian Government Department of Health & Aged Care.

