



## SOME SYMPTOMS OF AN EATING DISORDER

- Intense fear of weight gain
- Have feelings of ineffectiveness and low self-esteem
- Guilt or shame about eating
- Strict avoidance of “fattening” foods
- Feeling fat when not “overweight”
- Unusual eating patterns
- Irregular or stopped periods
- Noticeable weight loss
- Frequent weight fluctuation
- Denial of the dangers of low weight

With early detection and treatment many clients improve to good health and a healthy lifestyle.



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## CONTACT US

### Eating Disorder Foundation of Newfoundland and Labrador

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Eating Disorder  
Foundation  
of  
Newfoundland  
and Labrador



## Eating Disorder Foundation of Newfoundland and Labrador (EDFNL)

- Is the only leadership advocacy group in NL dedicated to promoting research and public support for improved Treatment and Support Services for those with an Eating Disorder
- Provides extensive education and support for individuals and families who are affected by disordered eating
- Charitable, not-for-profit organization

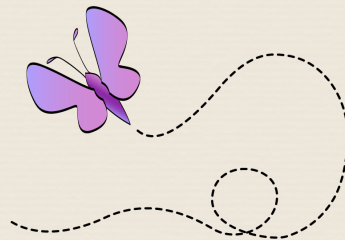
### How Do We Fund The Foundation

- Internal Fundraising
- Government Support
- Corporate & Individual Donations

## Get The Facts

### An Eating Disorder:

- is a coping strategy to deal with deeper problems
- is strongly linked to socio-cultural pressures. Thinness is falsely associated with beauty, health, happiness and self-control.
- affects approx. 9000 families in NL, of which 80% are females and 20% are males
- exists in all age, racial and ethnic groups
- causes significant irreversible health complications if not treated early
- has a Mortality rate as high as 20% if not treated early
- shows in males differently: Males have a Drive for Muscularity vs a Drive for Thinness and Males have a higher prevalence of Binge Eating



## Available Programs and Services

- **Client Consultation.** Reach out to us and we will assist you in finding the help you need.
- **Family Consultation.** If you need support or guidance to get help for your loved one with an eating disorder please contact us.
- **Families Supporting Families.** Information session on Eating Disorders. **Teleconferencing is available.**
- **Bridge to Hope Education & Support Group.** An eight week program (one night a week) that provides support, education and hope to those who are assisting their loved ones on the journey to wellness. **Teleconferencing is available.**
- **Emotion-Focused Family Therapy.** In this two-day workshop we educate and support parents and caregivers in mastering the skills and tasks needed to assist a loved one with an Eating Disorder.
- **Lets Talk Eating Disorders School Program.** We offer presentations to teachers of the signs/symptoms and how to recognize and help students who may have an Eating Disorder.
- **Public Awareness & Education Presentations.** Available on request.
- **Resource Center** containing need-to-know information