



Christine Fyffe M.P. Member for Evelyn



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Body Image and Eating Disorders Awareness Week

This 30 August to 5 September is *Body Image and Eating Disorders Awareness Week*. Liberal Member for Evelyn Christine Fyffe is encouraging schools, community organisations and individuals to show their support for people suffering with eating disorders by registering to participate in various programs that will run during the week.

Originally launched jointly by The Eating Disorders Foundation of Victoria, The Butterfly Foundation and The Centre for Excellence in Eating Disorders (CEED), this annual week of events gives a national focus for action and initiatives to support positive body image and to dispel myths and misunderstanding about eating disorders.

“An eating disorder is typically diagnosed when eating, exercise and body weight become an unhealthy pre-occupation in someone's life,” Mrs Fyffe said.

“Eating disorders tend to be misunderstood in the community because people fob it off as a lifestyle choice, ignoring the serious mental health issues that are masked by the physical expression of the illness,” Mrs Fyffe said.

“Eating disorders have long-term health effects, seriously disrupt education, and in some cases are fatal. Parents who have children suffering with the disorder often feel helpless because they don't know where to go for information, counselling and contacts. Eating Disorders Victoria can help,” Mrs Fyffe said.

“I urge anyone interested in participating in Body Image and Eating Disorders Awareness Week to contact Eating Disorders Victoria at www.eatingdisorders.org.au or by calling 9885 6563 for more information about events,” Mrs Fyffe said.

For anyone in need of help for an eating disorder, please call The Eating Disorders Helpline on 1300 550 236.

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