



Addressing Disordered Eating in Community Sport in Gippsland

Eating Disorders Victoria (EDV) is working with the Butterfly Foundation and Gippsland Primary Health Network (PHN) to help ensure that people experiencing eating disorders, their families/support people and local health professionals are supported in the management and treatment of eating disorders.

In September the **Australian Institute of Sport (AIS) and National Eating Disorder Collaboration (NEDC)** released a position statement on disordered eating in high performance sport. It acknowledged the identification, evaluation and management of disordered eating is complex.

There is a higher prevalence of disordered eating and eating disorders in athletes compared to non-athletes. The position statement contains guidelines for athletes, coaches, support staff, clinicians and sporting organisations. The guidelines support the prevention and early identification of disordered eating, and promote timely intervention to optimise nutrition for performance in a safe, supported, purposeful and individualised manner.

This position statement is a call to action to all involved in sport to be aware of poor self-image and poor body image among athletes.

Following on from the release of this position statement, EDV, in partnership with **headspace**, is undergoing community engagement work to raise awareness for disordered eating and eating disorders in sport. We are looking to engage with sporting clubs and organisations, coaches, welfare staff, players, and their families in the Gippsland region.

Join us for a **free information session** where we provide an introductory overview to this issue, practical recommendations including referral pathways, and outline key points and next steps for creating a healthy sport system in the Gippsland region.

Further education and specific professional training will be offered to all participants following this introductory session.

Want to get involved?

If you or someone you know (e.g., coach of a local football club, club manager at a gymnastics centre) would like the details of this session, or if you'd like more information, please get in touch:

olviadonati.beech@eatingdisorders.org.au or
03 9994 0354 ext 223

If you are a Gippsland local who is looking for information, support, clinician referrals, or just someone to talk to, please contact the EDV Hub.

The Hub is a free and confidential service providing information and peer support for people experiencing eating disorders or those who are supporting them (family, friends, professionals etc.). Mon – Fri 9.30am – 4.30pm. PH: 1300 550 236