

# Breaking Down Eating Disorder Stereotypes and Systems of Oppression

## Community Chats – July 2022

We recognize that our community's health is interconnected with all aspects of life, and we hope Community Chats help to provide a look at the bigger picture and how all our work is connected. Below are the resources to review before Tuesday's chat.

### Topic Resources:

- [The Emily Program](#)
  - The Emily Program approach is based on the belief that individuals are unique and that they intuitively seek meaning, value, and creativity in life. Effective treatment requires an awareness of the genetic, biological, psychological, social, and cultural impacts on each person. Simply put, we believe that treatment with you in mind can help you get better.
- [Eating Disorder Facts](#)
  - Eating disorders affect every gender, class, ethnicity, and sexual orientation. People from preteens to seniors may have eating disorders. Their struggles with food disrupt the health and well-being of the individual, as well as that of their families and their communities.
- [What is an Eating Disorder?](#)
  - This overview is provided by the National Eating Disorder Collaboration- in Australia. This page provides a very basic 101 on eating orders and statistics surrounding this issue.
- [Stereotypes around eating disorders keep people from seeking the treatment they need](#)
  - This article from NBC News discusses how stereotypes create a barrier to care for individuals experiencing an eating disorder. Approximately a 6-minute read this article also includes two different videos from perspectives outside of stereotypical woman with an ED.
- [Long-Term Effects of Eating Disorders on Health](#)
  - Eating disorders are psychological and physical in nature and, therefore, so are their consequences. These disorders affect both the mental and physical wellness of the individual struggling, creating long-lasting impacts that can devastate an individual's life and health.