



# Eating Disorders Ontario Prevention

Building capacity for the  
local adoption of evidence  
based prevention of Eating  
Disorders across Ontario



2022-2023

# Annual Report

# Meet the Team:

## Provincial Lead



## Prevention:

### Why is this important?

- Worldwide, eating disorders have doubled in prevalence in the last 2 decades (Galmiche et al., 2019)
- More recently, in Ontario, child and adolescent eating disorder programs have witnessed four times the rate of admissions, with higher rates of inpatient admissions and emergency room consultation requests due to medical instability and outpatient referrals deemed "urgent". (Spettigue et al., 2021, Couturier, 2021)
- It is well documented that 30% of youth, including those in Ontario, report eating disorder symptoms. (Henderson et al., 2017)
- In 2021, approximately 46% of Ontario youth in grades 7-12 reported preoccupation with food and weight and body image concerns, which are well known precursors to disordered eating. (Ontario Student Drug Use and Health Survey Report, 2022)
- The pressures on youth to conform to narrow and unrealistic standards of appearance are at a high point with daily exposure to social media. Social media reinforces the over-valuing of appearance as a measure of self-worth, encouraging self-comparisons with and comments from others. Recent research reveals a strong association between exposure to social media and disordered eating particularly among youth with low self-esteem. (Livet et al., 2022).
- Negative peer pressure in the form of weight-based bullying or peer pressures to diet can also affect body image. It can decrease self-confidence and lead to poor academic performance, distancing from family members and friends, or an increase in other mental health concerns. (Buhs & Hanzel, 2023).
- Senior elementary and middle school students are especially vulnerable to negative media and peer pressures because they feel an increased desire for peer acceptance and wanting to "fit in" at this age (McVey & Antonini, 2016).<sup>8</sup> In addition to this being a vulnerable stage of development for all students, those who are prone to high levels of perfectionism are at greater of turning to dieting or disordered eating as a coping method. (Livet et al., 2023).

To find out more about what Ontarion's are saying about disordered eating and the need for prevention visit our website at:

[www.eatingdisordersontario.ca](http://www.eatingdisordersontario.ca)

## The EDO-P suite of interventions includes researched:

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1. Anti-weight stigma and weight science training for adults who work with or are part of children's natural support systems
2. Classroom-based media literacy.
3. Recommendations to principals on ways to foster a body positive school environment.
4. Small group, multi-session, evidence-based program to learn skills to cope with and mitigate the negative impact of weight discrimination and weight-based bullying and learn help-seeking skills.
5. Brief personality-specific evidence-based program to address traits that increase vulnerability to disordered eating, such as perfectionism.
6. Evidence-based program for secondary school and post secondary education students.
7. Training and support for school staff and other professionals who work with youth to help them notice, support and connect at-risk youth to appropriate and timely interventions.

## Accomplishments (2022-23):

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EDO-P is making significant strides towards its goal to increase capacity for the delivery of promotion and evidence-based prevention across Ontario. Accomplishments in the past year and to date include:

- Completion of resources that support the implementation of a comprehensive framework ranging from promotion to universal, selective and indicated prevention. Interventions are identify-affirming, implementation sensitive, developmentally relevant.
- Completion of resources to help professionals working in non-treatment settings notice, support and connect youth at risk including how to support a young person with an ED, what language to use, introduction to eating disorders resource, and vetted list of e-health self-help interventions for those showing early warning signs of eating disorders.
- Development of a performance measurement framework to gauge progress and utility of the prevention strategies



## Intervention Resources

### Prevalence in Ontario: Setting the context for prevention

- EDO-P Video (EN and FR): Interviews with community members and professionals from across 6 OH regions
- Infographics of longitudinal research findings carried out with Ontario youth (empirical support for EDO-P interventions)
- OSDUHS report on prevalence of disordered eating in Ontario Grade 7-12 students

## Implementation Resources

### The role of the prevention specialist/ community engagement

- Resource describing the role of the prevention specialist in EDO-P, and core work of public health and school sectors
- Key elements to set up and sustain a community of practice for prevention service providers (CoP)
- Culturally responsive Guidelines

## Community Development Resources

### Community development literacy

- Community development approach to EDO-P
- Community development theory: What is a COP (workshop slides)
- Community scale up components: Review of existing health promotion initiatives
- Francophone Community Considerations Report
- Indigenous Community Considerations Report

### Prevention Science literacy

- Prevention decision-making and implementation support toolkit
- Research literature on prevention science and outcome-based studies

### Implementation support resources

- Implementation chart and timeline to roll out EDO-P activities
- "Before you get started" implementation guide
- Facilitator training resources
- Performance Measurement Framework

### Local Needs assessment/ Asset Mapping Toolkit

- Dashboard of local organizations by sub-region
- Template of sectors to invite to needs assessment /asset mapping event
- Flyer to recruit participants
- Meeting Agenda
- Presentation of EDO-P framework
- Post Meeting Feedback Form
- Needs assessment summary report template

### Local Intervention Literacy

- Description of the suite of EDO-P interventions (rationale for indicators / intervention arm)
- Infographics on each intervention arm of EDO-P
- Snapshot on each intervention arm of EDO-P (rationale, core elements, evidence support)
- Cultural adaption analysis and narrative building for EDO-P interventions

### EDO-P Materials and resources

- For home environment, school setting, post-secondary setting,
- Resources to assist with early identification and support for individuals at risk

### Community working group

- Terms of reference
- Visioning and Priority Setting and Developing the Plan
- Community self-assessment toolkit



# Towards Service Provision and Scale Up:

**1**

Recruitment and hiring of prevention service delivery providers in 4 of the 6 Ontario Health Regions.

**2**

Onboarding and orientation of prevention providers with key implementation support resources to help with literacy in community development, prevention science, decision-making and implementation support tools and culturally responsive guidelines.

**3**

Deepening of engagement with public health and school sectors including provincial organizations such as ODPH and SMH-ON.

**4**

EDO-P Foundational training for service providers on anti weight stigma and weight science: 21 offerings to over 450 public health professionals across 4 regions

**5**

EDO-P community working group meetings with representation from multiple sectors across 4 regions

**6**

Expansion of knowledge exchange and training activities across schools, CYMH agencies, Family Health Teams, youth wellness hubs, to accommodate training needs and pathways to care planning

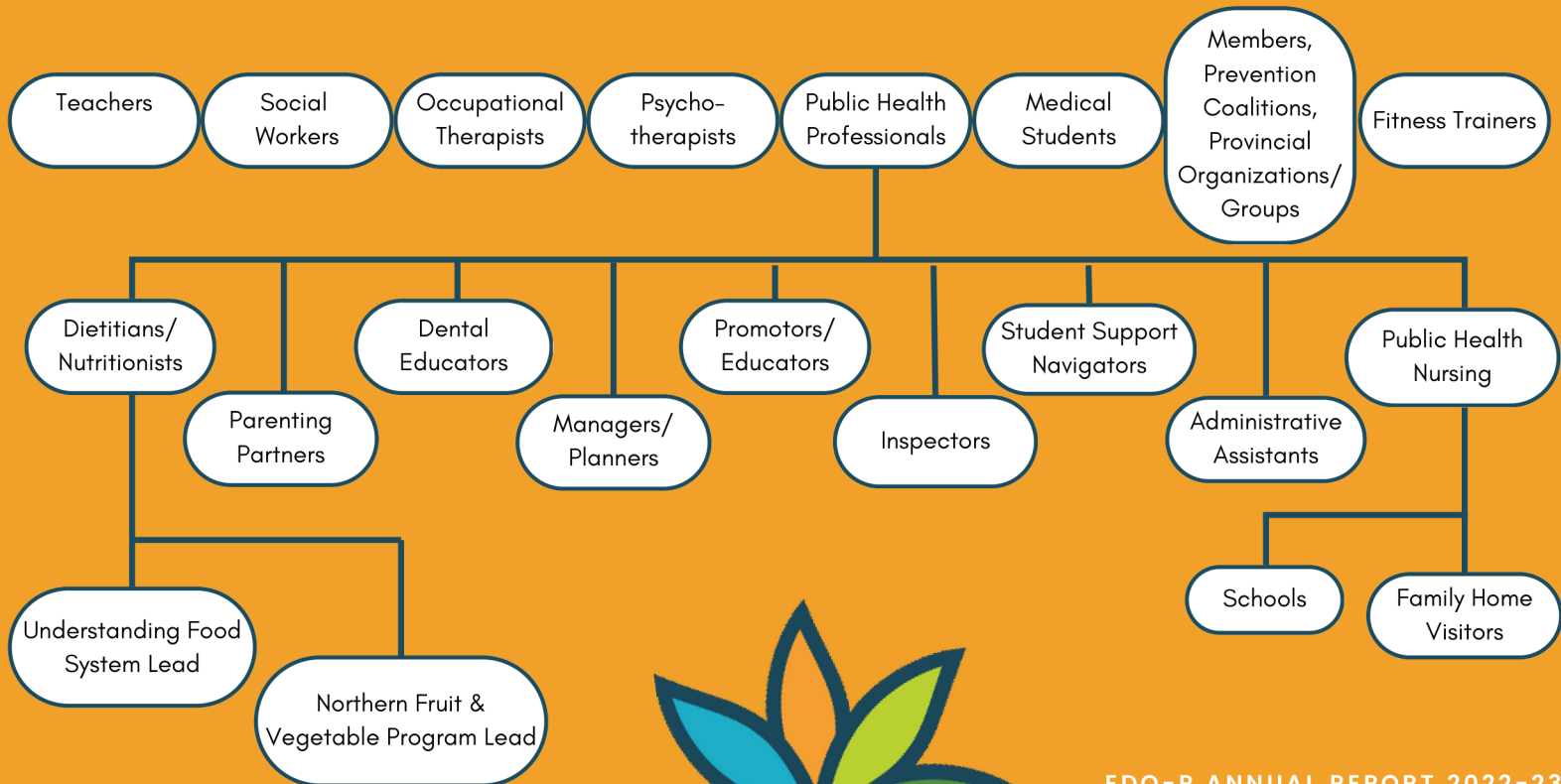
# Sectors Reached:



**Public Health Includes:**

- Health Growth & Developing
- Healthy Living
- Maternal, Infant & Child Health
- Health Babies Healthy Children
- Chronic Disease and Wellbeing
- Injury Prevention
- Schools
- Sexual Health
- Dental Health
- Vision
- Substance Use & Mental Health Promotion
- Vaccine Preventable Disease
- COVID-19 Vaccination (SVC) Division

# Professionals By Discipline Reached:





# Foundational Training Testimonials (2022-23)

This training is a must for anyone who deals with children - parents, teachers, primary care providers, etc. It's eye-opening, and essential to understanding what needs to be done to prevent disordered eating among future generations, as well as destroy the harmful effects of diet culture and weight bias.

This weight bias training is progressive, & yet at the same time, long overdue! This training would be very beneficial for schools, workplaces, as well as for our parents & healthcare providers. This conversation & this workshop can lead to happier, healthier, & safer relationships at the individual, family, peer, school, community, & societal levels- Everyone would benefit! This workshop challenges & enlightens your thinking in a motivating way to improve yourself & others; & I want to emphasize the training is welcoming & encourages personal development."

This workshop was fantastic. It applies to everyone in any type of role. In order to be better professionals, colleagues, friends, parents and spouses, this knowledge is absolutely essential.

This training should be taken by everyone. The passion from the facilitators translated along with a bounty of knowledge! It's a very complex topic, so I commend the facilitators on their ability to articulate the information so well - true experts!

This workshop made me feel more at peace in my own body as it allowed me to uncover and undo some pre-conceived ideas I had about food and exercise and how they relate to size, weight and shape. I highly recommend this workshop to those who are on their own journey with their body so our next generation gets the right messages!

This session was engaging, thought provoking and transformative. Thank you for encouraging honest and vulnerable conversations that contribute to our professional growth!

Very thoughtful and well organized workshop. This foundational training was evidence-based and well facilitated, with ample opportunity for self-reflection and discussion. I would recommend this training for anyone and everyone, regardless of profession. I think if more of us worked to unlearn our internalized biases and became better informed on the harms of weight bias and weight stigma, we could create a safer and more supportive environment for our children and youth. This training was a great first step in beginning that process.

Thank you for offering this training and creating a safe and inclusive online learning environment. I benefited in many ways and will continue to reflect on the content - especially in regards to my own family. I will strive to ensure a judgment free home where my children are unconditionally accepted as they are (and be kinder and gentler to myself).

WOW! What an amazing workshop. This was easily one of the best I have ever attended. Everything from the speakers, facilitators, content, timing to the breaks and interactive activities was just wonderful. Recommend to anyone!!





## Next Steps:

- Recruitment of prevention providers in remaining 2 Ontario Health Regions
- Engagement with post secondary sector and organizations that interface with home environment
- Identification of data sources to assist with program evaluation

## Citations:

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Livet, A., Xavier, N., Pomerleau, P., Champagne, S., Yunus, F., Chadi, N., McVey, G., & Conrod, P. (2023). Perfectionism in Children and Adolescents with Eating-Related Symptoms: A Systematic Review and a Meta-Analysis of Effect Estimates. *Adolescents* 2023, 3(2), 305–329; <https://doi.org/10.3390/adolescents3020022>

EDO-P is an Ontario-wide prevention model initiated by University Health Network (UHN)

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