Communicating to reduce eating disorder risk

Fact sheet for Primary Health Networks

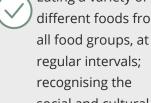
Health services and health professionals have a role in communicating about weight, nutrition, physical activity, body image and eating disorders in a way that reduces eating disorder risk. This infographic illustrates some helpful messages which can be used, as well as unhelpful messages to avoid.



Weight

Recognising that a person's health encompasses physical, emotional and social wellbeing; respect for people at any weight, size or shape.

Nutrition



Eating a variety of different foods from all food groups, at social and cultural aspects of food and eating.

Physical activity



Body image

A positive, nurturing relationship with one's body; focusing on the body's function.

Eating disorders

Refer to the Mindframe guidelines for best practice information on reporting and portrayal of eating

disorders.

Making assumptions about a person's health based on weight, size or shape.

Making moral judgements about eating (e.g. labelling foods as 'good'/'bad'/'junk', or categorising food choices as 'right'/ 'wrong'); encouraging dieting.

Encouraging engagement in physical activity for reasons solely related to weight loss, weight control or appearance.

The body as a 'problem' to be fixed; focusing on the body's appearance.

For more information on communicating to reduce eating disorder risk, click here.

Helpful messages