



## **Eating Disorders Awareness Week February 1 – 7, 2023**

**WHEREAS** Eating disorders are the second leading cause of death among all psychiatric illnesses and are the third most common cause of death in teenage girls. We know that through open, supportive dialogue, we can help break the shame and silence that affect nearly 1 million Canadians living with a diagnosed eating disorder; and the millions of others who are struggling with unhealthy food and weight preoccupation. Eating Disorders Awareness Week is a time to increase awareness about eating disorders, their impact and to shed light on the dangerous and pervasive myths that surround them. It is a time of year when Canadians can learn more about eating disorders and about the resources that are available for individuals and family members who are impacted by them; and

**WHEREAS** The Eating Disorder Support Network provides information, guidance, a provincial voice, a community hub and most of all, support. They offer professionally-facilitated support groups online for people across Alberta to access. Thanks to ongoing funding, they are able to offer these groups at a very low cost to the participants and can even waive fees if people are experiencing financial difficulty; and

**WHEREAS** The EDSN of Alberta promotes awareness about eating disorders by hosting Eating Disorders Awareness Week February 1-7, giving presentations to various groups throughout the year, and strengthening relationships between community partners and treatment professionals to create a more effective voice for eating disorders.

**THEREFORE** Members of Okotoks Town Council, do hereby proclaim February 1 – 7, 2023 as Eating Disorders Awareness Week in the Town of Okotoks.

Dated this 23<sup>rd</sup> day of January, 2023

---- Original Signed ----

---