



## ***Proclamation***

### **Eating Disorder Awareness Week February 1<sup>st</sup> - 7<sup>th</sup> 2016**

WHEREAS eating disorders are complex and serious illnesses that can impact anyone, regardless of age, ethno-racial background, socioeconomic status, gender or ability, with the highest mortality rate of any mental illness.

The myths surrounding eating disorders further stigmatize those fighting the illness, causing many people who are suffering to refrain from seeking help, and to struggle in silence.

Eating Disorder Awareness Week (EDAW) seeks to raise awareness of the prevalence and impact of eating disorders and disordered eating, to shed light on the dangerous myths that surround them and to encourage those impacted to seek support.

Eating Disorders NS knows that with early intervention, ongoing support, and treatment recovery is possible. Through Eating Disorders NS, those impacted by eating disorders, including family members, are connected to ongoing peer support. The community organization offers peer support groups for family and friends, peer mentoring, and peer support groups.

THEREFORE, I, Mayor Mike Savage on behalf of Regional Council do hereby proclaim February 1-7, 2016 as Eating Disorder Awareness Week throughout Halifax and encourage citizens to learn more about eating disorders.

Dated at Halifax, Nova Scotia  
this 1<sup>st</sup> day of February, 2016



Original Signed

\_\_\_\_\_  
Mike Savage  
Mayor