



# Eating Disorders Awareness Week 2026:

Health Doesn't Have a Look











## What is this?

This Eating Disorders Awareness Week we're taking a closer look at the belief that thinness equals health - a message that is often rooted in diet culture, weight stigma and healthism.

These ideas can show up in many subtle, everyday ways, like:

- Labeling foods as "good" or "bad"
- Praising certain bodies, while shaming others
- Treating weight loss as a universal marker of success
- Viewing only certain types of movement as "legitimate" exercise



# Why is this important?

Messages that tie worth to health and appearance can fuel the development, maintenance or relapse of eating disorders.

Not only do these ideas cause individual harm, they also:

- Judge, exclude and marginalize those who don't fit within narrow standards for appearance and health
- Create barriers to compassionate and equitable healthcare
- Reinforce stigma, rather than support well-being



# How can I get involved?

This Eating Disorders Awareness Week, we invite you and your community to challenge the harmful belief that thinness equals health.

Stay tuned for resources, conversations and ways to participate!

Let's work together to promote body respect, inclusivity, and a more compassionate and accurate understanding of health.





