

“HOW EATING DISORDER-SENSITIVE IS THIS RESOURCE?”

Assessment Tool for Healthcare Providers

How to use this tool

Consider the numbered questions below – the more times you can answer “yes”, the more confident you can be that the content of the resource can be responsibly shared with individuals who are living with an eating disorder or experiencing concerns with their eating or body shape/weight. The additional questions below each numbered question (*in italics*) are provided to guide your decision-making. Given the current information landscape about this topic, finding resources with all “yes” responses is unlikely; any “no” responses can inform the context you provide when sharing the resource.

DOES THE RESOURCE...	YES	NO
Assessing for Weight- and Culturally-Inclusive Messaging		
1. Does it treat all bodies with respect and without judgment? ➔ <i>Does it describe bodies with neutral language? Or does it use language that implicitly or explicitly conveys that certain body types are better or more attractive than others?</i>	☐	☐
2. Does it reflect diverse lived experiences, identities, and cultural perspectives? ➔ <i>Does it include representation across body sizes, races, genders, abilities, and cultures?</i> ➔ <i>Whose stories are being told—and whose are missing?</i>	☐	☐
3. Does it avoid reinforcing biases or stereotypes that could evoke feelings of shame or exclusion in the viewer? ➔ <i>Who might be harmed by it? Is any group being marginalized, stereotyped, or erased in the content or visuals?</i> ➔ <i>Does it idealize specific bodies?</i> ➔ <i>Does this message promote diet culture?</i>	☐	☐

DOES THE RESOURCE...	YES	NO
Evaluating Intent		
1. Is it transparent about its purpose or agenda? ➔ <i>Was it created by a company that would benefit from selling products, supplements, or medications? Is this clear to the reader or hidden beneath the surface?</i>	☐	☐
2. Are the messages balanced and developmentally appropriate? ➔ <i>Is the content tailored for the age range of the intended audience?</i> ➔ <i>Does it promote absolutism (e.g., "This is the right way to eat")?</i> ➔ <i>Does it make fear-based or oversimplified claims?</i> ➔ <i>Does it use sensationalist terms like "superfood" or "toxic"? Does it promote physical activity with terms like "calorie-burning"?</i>	☐	☐
3. Is it likely to make the viewer feel encouraged, supported and/or more hopeful? ➔ <i>Or is it more likely to evoke fear, shame, or anxiety?</i>	☐	☐
4. Does its call to action (explicit or implicit) promote the development of self-efficacy and/or self-trust?	☐	☐
Considering the Social and Structural Factors that Influence Health		
1. Does it acknowledge how broader systems, trauma, or access to resources might influence an individual's health and health behaviours? ➔ <i>Or does it emphasize an individual's responsibility? Does it assume that an individual can simply choose to "eat better" or "move more"?</i>	☐	☐
2. Are different types of food and physical activity presented as potential sources of variety and personal choice, without moralizing? ➔ <i>Does it use neutral, factual language in referring to food, eating, and physical activity?</i> ➔ <i>Or does it use judgment-/moral-based terms (e.g., "good/bad" foods, or "red light/green light" foods)?</i>	☐	☐
Source Credibility and Transparency		
1. Is it clear when the resource was created or last updated? ➔ <i>Is there a publication or revision date that helps readers determine if the information is current and reliable?</i>	☐	☐
2. Are the authors or publishers clearly identified and qualified? ➔ <i>Are there details about the authors'/publisher's credentials or organizational affiliations that can help readers verify the authors'/publisher's background and expertise?</i>	☐	☐