

**Based on your  
size, it doesn't  
look like you  
have an eating  
disorder.**

**I came here for help,  
but now I feel worse  
about myself than  
when I arrived.**



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**Eating Disorders  
Awareness Week  
#EDAW2026**

It's good to hear that  
you're avoiding  
sweets. They're bad  
for you anyways...

Are they trying to  
shame or scare me  
into changing my body  
and eating habits?  
That never works.



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**You really need to  
work on improving  
your diet and  
increasing your  
physical activity to  
address your weight  
and improve your  
health.**

**I'm scared to be  
honest with them... I  
know they'll just  
blame me for not  
trying hard enough.**



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**Focusing on weight in healthcare harms everyone – not just those with eating disorders.**

**Weight-inclusive care** helps prevent disordered eating and reduces weight stigma.

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**This Eating Disorders Awareness Week (EDAW), let's broaden our understanding of health beyond weight, shape and body size!**



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