



EDFA is committed to helping the Federal Government achieve the National Eating Disorders Strategy

Eating Disorders Families Australia

EDFA is the only national organisation providing support, education, advocacy, and counselling solely for carers and families impacted by an eating disorder.

Contact Us

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\$67 billion*

Butterfly Foundation, Paying the Price Report 2024



EDFA acknowledges the Traditional Owners of Country throughout Australia. We pay our respects to Elders past and present.



edfa
Eating Disorders Families Australia

Nourish

Nourish the Mind

Nurture

Nurture the Body

Notice

Notice the Signs

A New Preventative Education Program for Parents and Carers.

Proudly Supported by



Queensland Government

In collaboration with

EMBRACE KIDS.
Building better body image

**\$67b investment
required across Australia**

Reducing the Devastating Impact of Eating Disorders for 1.1 million Australians

Early recognition of disordered eating and body image concerns in young people is vital because it reduces the risk of progression to an eating disorder.

In 2023, the total economic and social cost of eating disorders in Australia was \$67 billion* (equivalent to \$60,654 per person with an eating disorder).

By intervening before an eating disorder takes hold, we increase the chances of recovery and reduce the associated costs of lengthy eating disorder treatment.



**Watch the FREE
masterclass here**



**Join our
FREE drop-in
session here**



What is Nourish, Nurture, Notice?

A prevention program designed to help Australian parents and carers spot the early signs of disordered eating in children and adolescents, supported by a specialist paediatric dietitian and lived experience carers.

Nourish, Nurture, Notice is Australia's first-ever online program for parents and carers that focuses on early identification of disordered eating to prevent eating disorders from developing in young people. The program is delivered in collaboration with **Embrace Kids** and is funded by the **Queensland Government**.

Designed specifically for parents and carers of school-aged children and adolescents, the program provides vital education and resources to enable recognition of, and response to, the early signs of disordered eating to prevent the development of an eating disorder.

The program is online and includes a masterclass, fact sheets and carer guides, as well as Drop-In Sessions with a paediatric dietitian and lived-experience peer workers.

Prevent:

Spot the signs of disordered eating early
Nourish, Nurture, Notice equips parents and carers to act fast to prevent or identify eating disorders.

Educate:

Learn from experts and eating disorder carers
on managing disordered eating and when and how to seek additional help.

Engage:

Busy parents and carers, we've got you!
Practical steps, expert advice, and resources so you can react to disordered eating as soon as you notice it.

"It was a godsend having EDFA there for our family. The collective experience has been invaluable, and sharing my story with others who truly understand has been incredibly helpful. I only wish there had been a prevention program that helped us to recognise the warning signs before things escalated"

- Robyn, EDFA carer -

