

## **MEDIA RELEASE**

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**For immediate use**



# **InsideOut commends NSW Government for \$9.6m boost to deliver eating disorder care**

The InsideOut Institute commends the New South Wales Government for today announcing a \$9.6 million funding boost to InsideOut, and districts across NSW, to support health system reform for eating disorders. This will bring the total spend to \$16.8 million over the next four years.

The funding goes directly towards the improvement of services for people with eating disorders and their families, through the New South Wales Service Plan.

A full time Eating Disorder Coordinator will now be funded in each district, excepting the two smallest which receive a part time Coordinator. Their job is to develop new treatment pathways locally, support local clinicians and coordinate clinical care for people with eating disorders and their loved ones.

Funding will also go to large scale workforce training across all levels of the health system, and clinical support for clinicians.

“We commend the NSW Minister for Mental Health The Hon. Tanya Davies MP and her government for their increased commitment to people with eating disorders and their families,” InsideOut Director Dr Sarah Maguire says.

“Our aim is to ensure that everyone has access to quality treatment no matter where they live in the state, and this new phase of the plan will focus on achieving this.”

“The devastation of an eating disorder on a person’s life, and that of their family, is significant. Equipping clinicians in both hospital and community settings where people first present is one of the best ways to ensure we intervene as early as possible and reduce suffering.”

InsideOut proudly led the development of the [NSW Service Plan for People with Eating Disorders 2013 – 2018](#), funded by NSW Health. The plan has made eating disorders core business for the NSW health system.

“The New South Wales Liberal and Nationals Government is proud to announce that we are more than doubling the funding to support the InsideOut Institute, as well as increase the number of Coordinators right through our health system, to support people who are living with serious, chronic eating disorders,” Minister Davies says.

“This is a fantastic day and a boost to support those struggling with eating disorders and their families. It is a complex mental illness, but it is one that this government is tackling with the support of the InsideOut Institute, and all of our amazing medical professionals, right across the state.”

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*InsideOut Institute is Australia's national institute for research and clinical excellence in eating disorders. InsideOut was launched in April 2018 at Charles Perkins Centre, University of Sydney, at an event attended by the Federal Minister for Health, The Hon. Greg Hunt MP, and NSW Minister for Mental Health, The Hon. Tanya Davies MP. The Institute is supported in partnership between **Sydney Local Health District** and the **University of Sydney**.*

## **About Eating Disorders**

There are four main types of eating disorders – anorexia nervosa, bulimia nervosa, binge eating disorder and other specified feeding or eating disorders (OSFED). Eating disorders have multiple causes, including genetics, developmental challenges (including puberty or loss), thinking styles (such as perfectionism), body dissatisfaction, and socio-cultural purposes.

One in 20 Australians is living with an eating disorder. Eating disorders not only affect girls and young women. Eating disorders can affect anyone, from any gender, or cultural background. Eating disorders among men are significantly under-diagnosed.

Eating disorders can commence at almost any age, but most commonly in adolescence. Medical complications of eating disorders include cognitive impairment, heart complications, growth retardation and osteoporosis.

The isolating and tormenting nature of eating disorders can lead to depression, anxiety and suicide; eating disorders have one of the highest mortality rates of all mental illnesses.