

About InsideOut Institute (IOI)

Who & what

- InsideOut Institute (IOI) is Australia's national body for research and clinical excellence in eating disorders.
- IOI's vision is to provide every person living with an eating disorder, access to the best possible care.
- IOI's mission is to transform the treatment landscape for eating disorders in Australia, and ultimately find a cure through innovative research, collaboration and an enduring path of inquiry.
- IOI's values include transformation, excellence, respect and integrity, courage and compassion.
- IOI works collaboratively with researchers and clinicians at every level to transform the health system from "the inside out".
- IOI aims to drive change on four key pillars – research, clinical innovation, education and public policy.
- The Institute is led by a team of researchers, clinicians, public policy-makers and people with lived experience of eating disorders dedicated to solving the tyranny of eating disorders.
- Housed at the Charles Perkins Centre, IOI is a collaboration between the Sydney Local Health District and the University of Sydney.
- To learn more about the IOI, head to www.insideoutinstitute.org.au.

Coining of the 'InsideOut Institute'

- Historically, eating disorders have been perceived as illnesses that pivot around the external – a physical ideal, pursuit of beauty and body image. In reality however, eating disorders are a mental illness, driven by what is going on in the mind.
- The *InsideOut* Institute is re-framing those perceptions, by transforming the health system for people with eating disorders, from the "inside out" through collaboration, innovative research and treatment, and by challenging perceptions and stigma.
- The IOI is determined to bring eating disorders out of hiding and into the light of public discourse, by working collaboratively on the inside, to drive change on the outside.

Services

- IOI is a leading, evidence-based healthcare professional training Institute for eating disorders.
- IOI strives to create and implement policy change to improve available treatment options for people living with eating disorders.
- IOI services 4 core groups:
 1. People with lived experience of an eating disorder;
 2. Their families, carers and friends; and
 3. Healthcare professionals.
 4. Researchers
- IOI is a strong believer that for many, through early and correct identification and treatment, an eating disorder can be short-lived, and even cured.
- IOI's eTraining and Therapy centre is the world's first for eating disorders, developing novel e-Learning and e-Therapy programs.
- Innovative platforms to train staff and treat patients who would otherwise be unable to access quality care is a vital element of IOI's approach.

Funding

- IOI receives funding from NSW Health, and competitive research grants (for example the National Health and Medical Research Council and other Australian research funding agencies) and philanthropic contributions.
- The NSW Ministry for Health provides funding to IOI to drive change to eating disorder treatment in NSW, develop and implement policy and programs for eating disorders in NSW.
- Philanthropy plays a vital role in IOI's funding stream, enabling the Institute to pursue innovative solutions for eating disorders.

History

- In 1995, Professors Stephen Touyz and the late Professor Peter Beumont founded The Centre for Eating and Dieting Disorders (CEDD) to further research and treatment for eating disorders in Australia.
- The Centre was re-launched in 2005 by Ms Peta Marks when the NSW Ministry of Health provided the first funding for a single staff member.
- In 2018, CEDD became the InsideOut Institute, coinciding with the growth of the organisation's vision to become a national leader in research and clinical innovation in eating disorders.

Major achievements to date

- IOI offers the largest online evidence based learning platform for eating disorders.
- IOI has designed and delivered a comprehensive program of change for the treatment of eating disorders in all sectors of the NSW health system.
- IOI has trained more than 3,000 healthcare professionals in eating disorders, published more than 100 research papers in the past five years, and their researchers secured more than \$2 million in research funding in the past five years for the investigate innovative treatments and translation.
- IOI investigates biological-based interventions, clinical delivery platforms, treatment trials and service change for people living with eating disorders.
- IOI is pioneering an online self-help platform to deliver cognitive behavioural therapy (CBT) for Bulimia Nervosa and Binge Eating Disorder and other evidence based therapies.
- IOI is investigating the potential of oxytocin to reduce stress and psychopathology associated with eating in people living with anorexia nervosa.
- IOI is researching effective public health messages to prevent both eating disorders and obesity.

If you, or someone you know may be living with an eating disorder, please contact your GP or the National Eating Disorders Helpline – 1800 EDHOPE.

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MORE INFORMATION:

www.insideoutinstitute.org.au

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