



Summary

**Victorian eating
disorders strategy
2024–2031**



Introduction



A new eating disorders strategy for Victoria

Eating disorders are serious, complex and at times life-threatening mental illnesses, which have the potential to cause significant and wide-ranging quality of life impacts for both people with eating disorders, and their families, carers and supporters.

People with eating disorders experience higher rates of co-occurring mental health problems than the general population, and many people find it difficult to access the treatment, care and support they need.

Eating disorder presentations and severity have increased in Victoria over the last decade, as highlighted by the Royal Commission into Victoria's Mental Health System. Eating disorder presentations significantly increased during the COVID-19 pandemic, where changes in work, employment, education, and limited social connections created highly stressful environments.

In 2022, the Victorian Government announced a new Victorian eating disorders strategy. The strategy will have the practical effect of providing direction to the mental health and wellbeing sector and stakeholders about the Government's commitment, actions and investment in this area.

We recognise those who have generously shared their lived experiences of eating disorders and the experience of people who have been carers, families or supporters in developing this strategy.

Strategy overview

Vision

By 2031, people in Victoria feel supported to have a safe and empowered relationship with body, food, and movement, free of stigma or weight discrimination, enabling them to build a meaningful life underpinned by their own physical and mental wellbeing.

How this will be achieved:

We want to create a care system that is centred on the needs of people with eating disorders, their families, carers and supporters. This system will be easy to navigate, connecting services and supports with the people who need them, where they need them, and based on the best available evidence.

It will be a system that helps prevent eating disorders, identifies, and addresses issues early on and which is designed and delivered with input from people who have experienced eating disorders themselves.

Three focus areas have been identified:

Focus area 1:

Prevention, information and early identification



Focus area 2:

Accessible, evidence-based eating disorder treatment through a stepped care model

Focus area 3:

Wellbeing and recovery supports



Supported by five system enablers:



Governance



Workforce



Research and Innovation



Data and Information



Evaluation

By fulfilling the goals and implementing the actions outlined in the strategy, we will:



reduce the prevalence of eating disorders



enhance the early identification and intervention of eating disorders



decrease the hospital admission rates for individuals with eating disorders



promote healthy body image



improve access to treatment and enhance treatment effectiveness



support families and caregivers



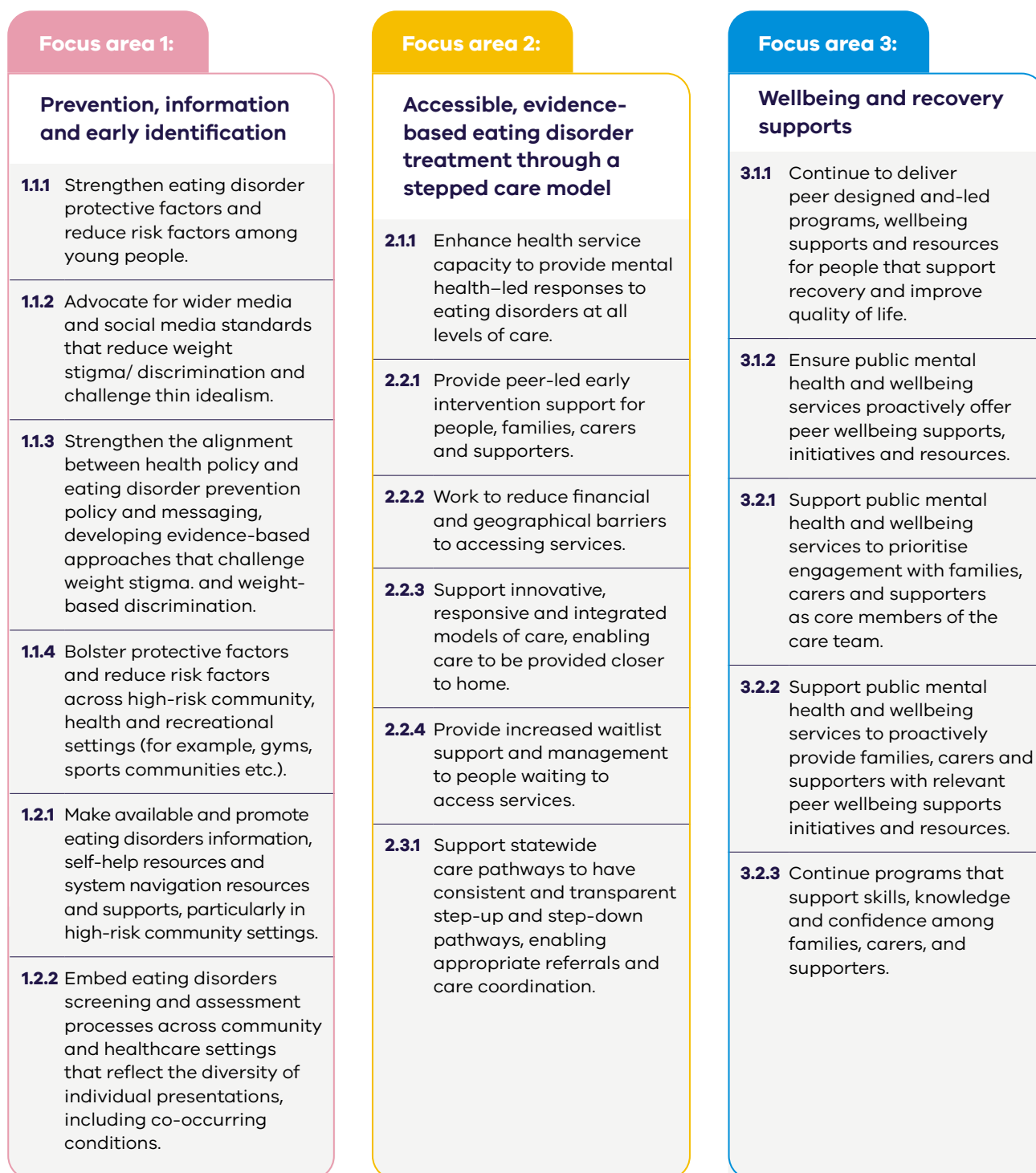
improve data collection and recording



enhance research and innovation including research translation

Strategy overview

The following strategy overview capturing focus areas and underpinning actions will be used as a guide to implement the strategy



Enablers

E1 Governance

E2 Workforce

E3 Research and innovation

E4 Data and information

E5 Evaluation