



EDENnews

NO 21 July 2008

'Promoting Body Satisfaction'

Hi everyone, and welcome to the winter edition of EDEN's newsletter. The first thing we would like to do is introduce two new members of the EDEN team:

"Hi, I'm Hazel and I started as the support worker at EDEN in April. I am here 2 days a week (on Mondays and Wednesdays). Other times I work as a counsellor in different fields/areas of practice. I wanted to work at EDEN because as a woman I am well aware of the pressure 'society' puts on us to have 'perfect' bodies. I admire EDEN's work in counteracting this."

"Hi everyone, I am Victoria, and I am really pleased to have joined the team at EDEN as one of the counsellors. I have recently completed my Masters in Counselling at Waikato University, and prior to this, worked as a secondary school teacher in Auckland. I spent time as one of the counselling team at Epsom Girls Grammar school (EGGS) from 2005-2006, and worked as a counsellor at Relationship Services, as an individual and couples counsellor and also mediated Family Court work. My involvement with EDEN first began in 2006 as the contact person at EGGS for the Body Image Leaders group. I have been active in the eating difficulties community as a counsellor, facilitator and co-researcher since 2000. I look forward to being part of the team at EDEN and the delights and challenges this may bring."

Skilled and Passionate Women Required!

EDEN Governance Board

EDEN is looking for Board Members for its Governance group. We are looking for people with **finance and/or accounting** skills, as well as an awareness of and belief in EDEN's philosophy and approach. If you are interested in applying, please contact us for an application form at info@eden.org.nz



EDEN Services

EDEN offers a range of services, providing support for individuals and loved ones of those with an eating difficulty, including:

- Counselling Services & Directory
- Support Worker Appointments
- Telephone Support
- Support Groups
- Workshops
- Health Promotion Services
- Education & Information to schools, community groups, gyms, and health Professionals
- Books and Resources on Eating Difficulties

STAFF: Cordinator: Maree Burns (info@eden.org.nz); **Support Worker:** Hazel Thompson (support@eden.org.nz); **Education Worker:** Jane Tyrer (education@eden.org.nz);
Accounts Administrator: Louise Stokes (admin@eden.org.nz).

EATING DIFFICULTIES EDUCATION NETWORK

1 GARNET ROAD, WESTMERE. PO BOX 78 005, AUCKLAND 2. PH 09 378 9039 FAX 09 378 9393

Some thoughts from an EDEN Support Group Member

the end depends on the beginning... I actually went away and thought about this quote a surprising amount after group last Monday. The very simple idea that even if you don't know what journey that single step is going to be - if you don't like where you are then any step is a step away! Simple, yet scary for someone very intolerant of not being in control, or in the very least, know what to expect.

So, for the last 4-5 nights I have COOKED. The same meal, admittedly (Mushroom Pasta) but it involves chopping and stirring and using things that are designed only for flavour (garlic, onion, chili, pepper...) and standing there for at least 20 minutes. ie EFFORT. I can't quite contemplate the next step without getting really angry at myself but I imagine that is why they call them **baby steps**!

I like the idea of eating a healthy range of foods - I know that depression/anxiety is not helped by malnutrition!! But when I consider it my brain sort of uncurls and sweeps around to yell at me. Not nice.

I thought I would share this all with you rather than just turn up to group, disappear and then come back in a month :-). I have been glad to come recently, even though I have found being less guarded a little challenging. I have recently realised how so very isolated I am with all of this - it is terribly hard to change that, there are so many reasons that I keep quiet, but I am fearfully lonely and know that only I can change this. So once again, **baby steps**.

New Support Group Starting!!

EDEN Support groups offers a place for women to meet, discuss and provide support for each other for a wide range of eating and body image issues.

The **next 10 session Support Group begins very soon**, and will take place on a Wednesday every fortnight from 6.30pm to 8.30pm at EDEN, 1 Garnet Road, Westmere. Please contact EDEN for info on dates and costs.

Prior to the 10 session group, an **introductory workshop will be held** at EDEN. This will introduce EDEN's philosophy and ways of working with eating difficulties and the aims and activities for the group. The cost of this workshop is \$20. We strongly recommend coming to the workshop first as it provides useful info for deciding if committing to the group is right for you.

What previous group members have enjoyed / found useful about the Support Group:

"sharing with others" "Great resources" "Looking at where ideas come from" "The fact that EDEN practices these things—puts into a wider social / political context"

What they say about the facilitators:

"I feel lucky to have had their love, support, ears and words" "Loads of empathy and understanding" "Giving us time to share in our own time. Encouraging discussion and putting out challenging questions" "Adapting to the needs of the group"

What people have said about the introductory evening:

"Very useful!" "Very welcoming and informative" "A really appropriate way to learn about the group and got a feel for doing it"

Get Ready for Love Your Body Day Oct 15th 2008

EDEN is preparing for its second annual Love Your Body Day campaign which will be even bigger and better than last year. The theme is "Put Your Hands Up for Body Satisfaction" and EDEN will be holding a community mural painting event once again in Aotea Square on **Wednesday 15th October, from 12pm-2pm—put that date in your diaries!** We would love to see you there! Come and register your vote for body satisfaction, by adding your handprint to the mural.

In order for this event to go ahead, we will need a number of **volunteers** on the day, so if you want to be a part of it, let us know.

EDEN will be producing **three more fantastic LYBD tees**, so watch this space! This is your last chance to buy one of the old designs from www.eden.org.nz before the new ones come in! These are great for gifts for someone you love, so get planning!

EDEN is seeking **corporate sponsors** to support LYBD in Aotea Square, and also to provide treats for the giveaway goody-bags. If your workplace is interested in supporting body satisfaction and raising awareness of eating disorders please contact us at info@eden.org.nz.

Ballentynes is hosting a **Fashion Show** to celebrate the diversity of the female form on **Weds 29th Oct 7pm**.

Hook up with friends and family and come along to show your support and get ready for summer!

Tickets cost **\$10** and include entry to the show plus drinks/nibbles. All the proceeds go to EDEN!! Tickets are selling fast and are in limited supply so order yours now! Contact EDEN at info@eden.org.nz

EDEN LYBD tees will also be available for sale at the Fashion Show!

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SUMMER FASHION SHOW

Join us for a celebration of the female form with the EDEN and Ballentynes Fashion Central Summer Fashion Show

When: Wednesday 29th October

Where: Ballentynes Fashion Central
Shop 10 Northridge Plaza
110 Don McKinnon Drive
Albany

Time: Doors open at 6.30pm for a 7pm start

Tickets: \$10 per person

On the night there will be spot prizes and everyone will receive a 10% discount voucher for purchases off our new season stock. There will also be EDEN Love Your Body 2008 t-shirts on sale.

EDEN Mission Statement: To promote body trust and satisfaction, size acceptance and diversity on an individual and societal level

ballentynes
FASHION CENTRAL



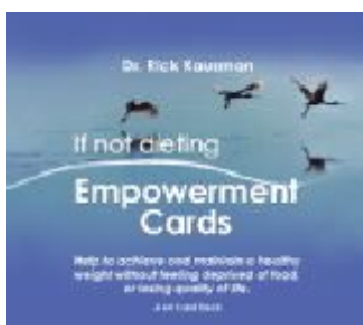
In the Academic Press



Women's health and well-being could be significantly improved through treatment approaches that do not rely on dieting, according to University of Otago researchers. Their new study shows that 'non-dieting' interventions can be effective in reducing psychological distress and medical symptoms. The findings appear in a recent edition of the American Journal of Health Promotion. Research has shown that the traditional dieting approach of restricting both calories and foods types shows poor results in achieving long-term weight loss, says Dr Caroline Horwath of the Dept of Human Nutrition. "Within five years, many dieters regain any weight they lose and often end up heavier than when they began. They also tend to develop very unhealthy attitudes towards food and lose their natural ability to recognise when they are hungry or full." The non-dieting approach instead focuses on improving lifestyle behaviours to enhance health independently of weight loss, she says. Extract from Media release Otago University 5 May 2008

The International Social Survey Programme was conducted by Massey University between October and December 2007, when a nationwide mail survey was conducted of 2250 people aged 18 and over. Respondents were asked to rate pictures of male and female body shapes and were asked which came closest to their conception of an ideal shape. The concept of the 'ideal' man was consistent for men and women across age groups, although among those under 35 there was a tendency to prefer the slightly slimmer body shape than among older respondents. However, the ideal woman was seen as being slimmer than the ideal man and although men were generally happy with their figures, women in the study were more likely to want to lose weight. The women tended to choose a slimmer body shape than men as ideal. Professor Gendall stated that it is **this perception of the ideal female shape that places pressure on women to lose weight.** Indeed, 54% of all participants wanted to lose weight and middle aged women were the group most concerned about it. Professor Gendall says that the results "help explain why dieting is more common amongst women than men" Internet Social Survey, Massey university April 2008 www.massey.ac.nz

Diets don't work, research shows. In a Monash University (Australia) study of 76 participants wanting to lose weight, 70% had previously tried an organised weight loss programme with group support and/or meal replacements and more than a quarter had experimented with diet pills and starvation. More than half of the participants lost weight but this effect was short lived, with all regaining the lost weight and more. A third blamed the diets for being unsustainable, unrealistic, too expensive, boring and focusing on food rather than changing behaviour. Interestingly, most of the dieters in this study blamed themselves, leaving them feeling depressed, angry and even less motivated to make healthy lifestyle changes. Lead author Samantha Thomas, from the University's Centre for Ethics in Medicine and Society, said although dieting doesn't work, it is marketed as being 'easier' than exercise. "People get seduced by the promise of weight loss by the big commercial diets and spend thousands of dollars on quick-fix solutions which never work for them and only make them fatter". Co-author Rick Kausman said diets would fail because they didn't address the key issue of non-hungry eating. "Most people who are above their most healthy weight say that between 50 and 80 per cent of their eating is habit, boredom or for reasons other than hunger". Summary of article by Fay Burstyn, Melbourne Herald Sunday 25 April 2008



If Not Dieting Empowerment Cards: A pack of 64 cards containing a key message and a beautiful nature photograph. Pick a card each day to provide help, support and inspiration to: enjoy food without feeling guilty, increase your eating awareness, enjoy moving your body, and improve how you feel about yourself.

Available from EDEN for \$30.



Media Bites

The author of a new book “In Defence of Food: An Eaters Manifesto” joins the growing ranks of those sceptical about the dictates of nutritional science. Michael Pollan, an internationally acclaimed author and journalist, says that the focus on nutrition, or “the rise of nutritionism” as he call it, has made people less and less healthy. Nutrition, he says, has pushed people away from eating real food as opposed to the thousands of other food-like substances in the supermarket. Nutritionalists have long been telling us we need to decrease or increase certain types of nutrients in food. But Pollan suggests this school of thought is responsible for some of the biggest problems of our time. He notes that the food industry, supported by nutritional science makes new sweeping claims on a regular basis, but the evidence in favour of nutritionism is shrinking. As Pollen points out, and as widely reported at the time, the 2006 Women’s Health Initiative, funded by the American federal government, failed to detect any link between low fat diets and cancer or coronary heart disease. Other studies in recent years have quashed many of nutritionism’s most sacred claims. Not everyone will agree with Pollan’s views, but it is interesting to consider that there are fads in nutrition that seem to come along frequently and as Pollan points out there is no consensus on what we should eat, at least not from nutritionists.

Extract from Review: Aucklander 14 May 2008, page 18

EDEN in the Media

Campbell Live (TV 3) (week commencing May 19th 2008)

Showcased the EDEN/Dove Self Esteem Fund body-satisfaction, critical media literacy and self-esteem workshop for young people. The coverage showed youth worker Deb Levy delivering Body Real to a group of very engaged students at Mount Roskill Grammar School.

Breakfast (TV One) (Monday 26th May 2008)

EDEN coordinator Maree Burns was interviewed on Breakfast about the lack of adequate services for people with eating disorders in New Zealand. Maree made the case for comprehensive services that include primary, secondary, outpatient and inpatient services to ensure that services from early intervention all the way through to acute services are provided to adequate levels in New Zealand.

Newstalk ZB (Monday 7th July)

EDEN coordinator Maree Burns was interviewed by Claire Turnbull of Mission Nutrition about rates of disordered eating, what causes eating and body image issues, what role environment and society plays in disordered eating, plus body trust and intuitive eating.

The Aucklander (Herald supplement) (Thursday 17th July)

EDEN coordinator Maree Burns was interviewed for this article that outlines the lack of adequate services for disordered eating in Auckland and the inadequacy of having to send seriously ill young women to Sydney for treatment. The article described the current process in which Auckland DHBs are considering how they will fund eating disorder services in line with the visions outlined in the Ministry of Health’s ‘Future Directions’.

Oh Baby Magazine—Issue Two (July 14th)

EDEN’s coordinator Maree Burns was interviewed for an article about how to support the development of body satisfaction in children and how to act as a role model in our families and friendships. The story focuses upon how as parents we can provide a body and food positive environment at home and how making peace with our own bodies is a big step towards providing good messages to our children.

In Brief

EDEN offers affordable counselling for any kind of eating or body image difficulty. Some key characteristics of the service include:

- ❑ A broadly narrative and collaborative approach that values clients' knowledges
- ❑ A Health at Every Size and Body Trust focus
- ❑ An awareness of the contexts and circumstances of people's lives and the role these play in relation to eating difficulties
- ❑ A 'hope-full' approach that recognises that people can and do make positive changes
- ❑ Ways of talking that ensure that individuals can engage fully in counselling without feeling that their whole identity is determined by the problems they are experiencing.
- ❑ Promoting a non-pathologising and non-medicalising approach to eating difficulties.

If you want more information please contact Hazel at support@eden.org.nz for a support worker appointment.



Vodafone New Zealand Foundation

The Vodafone New Zealand Foundation have announced that they are accepting entries for the **2009 World of Difference Awards**.

The World of Difference programme pays the salary and expenses of a number of people per year so they can work for their favourite youth-related cause. As a 2007 recipient, EDEN's co-ordinator Maree Burns can attest to the fantastic difference that it made to EDEN's work providing services for disordered eating.

Online entries for World of Difference 2009 are open now, and close on the 15 August 2008. If you wish to apply go to the Vodafone New Zealand Foundation's website at www.vodafonenzfoundation.org.nz/difference

Good Luck!



Body Real Workshops

In partnership with the Dove Self Esteem Fund EDEN is offering BodyReal Training to those who work with groups of young people aged 11-14 yrs.

BodyReal is an exciting and engaging self-esteem and body-satisfaction workshop for young people.

For only \$85, you receive 3 hours of training, the BodyReal resource and the facilitator's guide, including activities, worksheets, facilitator sheets, Fabricating Beauty DVD, media images CD, presentation and question guide.

Next Body Real Training dates:

**Auckland: Thurs 21st Aug 1.30pm-4.30pm
and
Mon 25th Aug 9.30am-12.30pm**

Wellington: Fri 12th Sept 1pm-4pm

Contact EDEN for more info. Discounts apply for early registration.

News & Upcoming Events

The Global Dinner Table

Insights into the world-wide epidemic of Eating Disorders



September 9 - 11, 2008

(Welcoming Reception Sept 8)

Windsor, Ontario, Canada

This conference may be useful for the following people:

- Treatment Providers
- H.R./Union Representatives
- Eating Disorder Specialists
- Educators
- Health Care/Medical Professionals
- Family members/friends of individuals with an E.D.
- Individuals in recovery

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Eating Disorders Association of NZ

EDANZ organise a Morning Tea every two months for families of eating disorder sufferers. This is a very informal, relaxed opportunity to meet with other families. Next morning tea dates are:

Tuesday 12th August 10am

Tuesday 14th October 10am

Tuesday 2nd December 10am

Held at 4 Stirling Street, Remuera. For more information, please phone EDANZ on 522 2679 or email info@ed.org.nz

Volunteer for EDEN

As EDEN grows, we are increasingly aware of the importance of Volunteers in the organisation, and currently have the following positions:

- Website Updater (We need someone with IT skills to implement the improvements recommended in a professional website audit)
- Collective Members—to help out with events and promote EDEN and its values

Would you like to support EDEN to make a difference? Contact us at info@eden.org.nz to explore opportunities for us to work together.



If you have one of EDEN's books on your shelf at home, please return it to us

EDEN understands books are a valuable resource for people seeking to find understanding, support or ideas about dealing with eating issues. Please return borrowed books so they can be shared with others seeking information.

Thanks to all of our funders

including the ASB Community Trust, the Dove Self Esteem Fund, United Way New Zealand, the Auckland Community Organisation Grants Scheme, the New Zealand Lottery Grants Board, the Auckland City Council, the JR McKenzie Trust, Catholic Caring Foundation, Cathay Pacific, ARA Lodge Charitable Trust, and the Lion Foundation.



ASB Community Trust

Te Kaitiaki Patea o Tamaki o Tai Tokerau

supported by **ASB**



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Services & Support:

If you wish to access the services of EDEN, participate in a support group or visit our resource centre, please phone us on 378 9039 or email us at

info@eden.org.nz

To check out EDEN's resources (books, stickers, postcards) visit

www.eden.org.nz

How can you support EDEN?

EDEN does not receive any government funding to deliver services to the community. Please promote body satisfaction and support those with eating and body image difficulties by making a donation to EDEN in the following ways:

**Please send a cheque payable to EDEN to PO Box 78005, Grey Lynn, Auckland 1245
Or credit EDEN's bank account 12 3077 0329692 00**

EDEN gratefully accepts one-off donations or regular automatic payments, to fund our work as follows:

- \$20 funds a face-to-face session with our support worker
- \$50 funds a counselling appointment for somebody struggling with disordered eating
- \$150 funds a young woman to attend EDEN's 10-week support group
- \$250 subsidises a young 'Body Image Leader' to train and work for a year in their school promoting body satisfaction.

www.eden.org.nz info@eden.org.nz

1 GARNET ROAD, WESTMERE. PO BOX 78 005, AUCKLAND 2. PH 09 378 9039 FAX 09 378 9393