

JULY 2025

FREEDCAN NEWSLETTER



**FREED
CAN**

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What Are Eating Disorders

Insights from our Youth Advisory

Our FREEDcan Youth Advisory co-created content for the FREEDcan website. This material provides information around what eating disorders are, presented for youth, from youth, taking a diverse and inclusive lens at the definition.

“Eating disorders” is a term that covers a wide range of experiences. The term “eating disorders” refers to distress or discomfort around food and in your body and the different behaviours that go along with these feelings. What this looks and feels like varies a lot from person to person.

You can't tell if someone has an eating disorder just by looking at them—it's a lot more complicated than that!

Someone can experience distress or discomfort around food and their body without ever being diagnosed with an eating disorder.

Eating disorders can happen to anyone; they are not limited to one gender, ethnicity, sexual orientation, or education level. They can also happen at the same time as other mental health challenges like anxiety and depression.

Each eating disorder is unique.

WANT TO READ MORE?
VISIT OUR WEBSITE

FREEDcan Level 1 Training - Highlights

Summary

FREEDcan Level 1 training session was delivered on June 11th, 2025. We want to thank Aryel Maharaj, M.Ed RP from NEDIC for providing this training and the FREEDcan Training Working Group for co-designing the material.

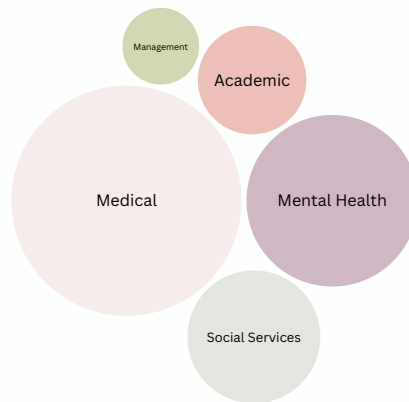
Overview of Attendees

48

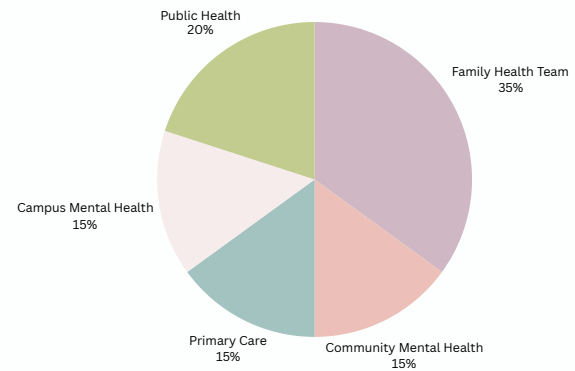
Individuals attended Level 1 Training

12

Different organizations from Grey Bruce were present at training



Attendees reported being from diverse roles and backgrounds



Attendees reported being from diverse sectors

Shift in Knowledge and Skills

Participants were asked to rank their level of agreement of statements on a Likert scale from (1=Strongly Disagree to 5=Strongly Agree).

Pre-Training



Mean= 3.05

There was a shift in participant's confidence in their knowledge of eating disorder risk factors.

Post-Training



Mean= 4.38

Pre-Training



Mean= 2.74

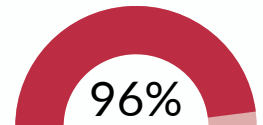
There was a shift in participant's confidence in being able to identify early signs of an eating disorder.

Post-Training



Mean= 4.04

Future Interest



Of attendees would recommend training to their peers

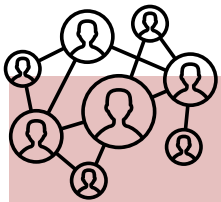


All attendees expressed interest in Level 2 training

EQUITY, DIVERSITY, AND INCLUSION (EDI) STRATEGIES

FREEDcan Level 1 Training

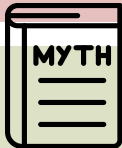
FREEDcan's Level 1 training, designed for all staff and providers working in youth-serving treatment settings (ages 8–25), embedded EDI strategies into the training material:



Level 1 training emphasizes how connected disordered eating (DE) and eating disorders (EDs) are to social contexts



Training participants are encouraged to engage in self-reflexivity, considering how who we are impacts how we think and talk about food and bodies



This training helps to dispel myths about DE and EDs and illustrate how they can impact people of all ages, genders, ethnicities, sexual orientations, abilities, and more



Working through a series of activities, participants explore ways to reframe common misconceptions about weight and health, inviting in more complex ways of thinking about the intersection between our bodies, our health, and our social worlds

Save the Date

FREEDcan Virtual Learning Event

PROMOTING EARLY ACCESS, CARE & WORKFORCE EXPANSION FOR EATING DISORDERS

This two-day event, will feature international speakers including FREED UK's Dr. Karina Allen and Prof. Ulrike Schmidt, for a collaborative effort to expand, educate and intervene early in eating disorders.



Date: October 2 & 3, 2025

Time: 9:00 am– 12:00 pm PT

Mark your Calendars

The links and more details for the virtual learning event will be circulated in the near future



THE UNIVERSITY OF BRITISH COLUMBIA
BC Eating Disorders
Research Excellence Cluster

Knowledge Mobilization



In May, Dr. Nicole Obeid and Dr. Jennifer Coelho presented at the 2025 Canadian Association for Health Services and Policy Research (CAHSPR) Conference. Their presentation explored the power of learning health systems to drive embedded research, highlighting real-world applications through FREEDcan and the Provincial Eating Disorders Training Hub.

**Contribute to the Conversation in Early Intervention:
Please share your insights, projects, or achievements to
be featured in our newsletter.**

Knowledge Mobilization

New publication on Early Intervention for Eating Disorders!

Summary

Identifying Programme-Led and Focused Interventions for Early Intervention for Eating Disorders in Youth: A Rapid Review

Early intervention (EI) can help to improve eating disorder (ED) outcomes, helping reduce symptoms before they progress and become more deeply rooted. Work is still underway to determine which specific interventions can be delivered early and efficiently to maximize outcomes and work within resource-strapped systems of care. This article provides a review of interventions that can be conducted with minimal clinician time, focusing on guided self-help and brief group-based approaches. We identified that while there are many interventions that show promise for reducing symptoms, few are explicitly designed for EI in community settings. Even fewer provided intervention for people under the age of 16. There is a need for additional work on EI-focused interventions to help provide efficient and effective support for those experiencing early stage EDs.

[VIEW PUBLICATION HERE](#)

New Resource Coming Soon

Sneak Peek!

JOYFUL MOVEMENT



What messages do we get about movement?

We're often told that we need to do a certain amount or type of physical activity to be healthy. We're also told that being "healthy" means being "thin" or "lean". So, a lot of people think about physical activity as a way to make our bodies smaller, or more toned and/or muscular

What can this lead to?

- A focus on achieving weight and appearance goals, instead of enjoying movement
- Movement becoming something you feel like you have to do to, not something you want to do
- The development of exercise or eating behaviours that hurt our health

How can you tell that your relationship with movement might need healing? *

- Do you feel like exercise "doesn't count" unless it's a certain intensity, or length of time?
- Do you feel distressed or guilty if your exercise plans are interrupted?
- Do you exercise in secret?
- Do you require exercise to be done according to rigid rules?
- Do you miss social events due to exercise plans?
- Do you exercise when you're sick, injured, or have been advised to rest?

If you answered "yes" to any of these questions, your thoughts and behaviours involving physical activity may be negatively affecting your wellbeing.

*This list is adapted with permission from Rachael Hartley, author of Gentle Nutrition



What is the goal of this resource?

Movement can be helpful for a lot of reasons that have nothing to do with weight or appearance, and health cannot be defined by body size. Therefore, the goal of this resource is to encourage you to **check in with your body, reflect on what may be best for you, and explore different ways of thinking about movement.**

More specifically, this resource encourages **joyful movement** and offers some practical tips for changing your physical activity patterns if they are currently rigid or rule based.

Note

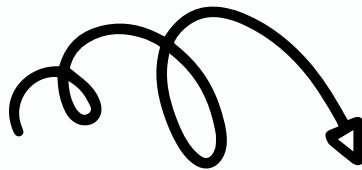
If you have an eating disorder or are in recovery, we strongly suggest that you **speak with your health care team** to determine whether this resource will be helpful for you.

Call for Content and Network Sign-Up!

We are pleased to share that the FREEDcan Network has reached 100 members! We want to thank everyone for their ongoing support!

We invite network members to share material for our newsletters. If you have any articles, professional learnings, updates, or other content related to the FREEDcan model and work that you would like featured in our quarterly newsletter, please send them to: freedcan@freedcan.ca

Not part of our network?



Join our network to receive our quarterly newsletters!



[FREEDcan Network](#)

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Thank You



Email

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Website

<https://www.freedcan.ca>

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