



PUBLIC SERVICE ANNOUNCEMENT

For immediate release

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New video helps family and friends of youth with eating disorders

Vancouver, B.C. – BC Children’s Hospital has produced a new video to help family, friends and care-givers provide meal support for youth with disordered eating.

More than three per cent of children under 17 in B.C. have a clinical eating disorder. One of the most effective, though challenging, aspects of treatment is meal support. Meal support is a form of emotional support provided to a person struggling with an eating disorder before, during and after meals and snacks in an effort to increase the person’s ability to eat appropriately.

“Meal support therapy is one of the most under-estimated yet critical components of the rehabilitation process in eating disorders,” explains Dr. Pierre Leichner, Psychiatric Director of the Eating Disorders Program at BC Children’s, and the driving force behind the video’s production. “It is not a simple matter of encouraging someone to eat. Eating disorders are extremely complex, and effectively supporting someone with disordered eating takes time, energy, and planning.”

The new video, which was produced in collaboration with Children’s Hospital & Regional Medical Center in Seattle, introduces family and friends to meal support in the home or school environment. It offers straightforward direction, tips and techniques, as well as dramatizations of “what not to do” at the family dinner table or school cafeteria. The video features interviews with families, friends, and youth recovering from disordered eating, who share their personal experiences and advice.

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For more information, including how to order the video *Effective Meal Support: A Guide for Family and Friends*, please call BC Children's at 604-875- 2260, or email mcatamo@cw.bc.ca to request an order form. Tapes are \$50 and are accompanied by a 35-page manual.

BC Children's Hospital, an agency of the Provincial Health Services Authority, provides expert care for the province's most seriously ill or injured children, including newborns and adolescents. For more information please visit www.cw.bc.ca.

The Provincial Health Services Authority (PHSA) plans, manages and evaluates selected specialty and province-wide health care services across B.C., working with the five geographic health authorities to deliver province-wide solutions that improve the health of British Columbians.

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