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Navigating eating disorders recovery in the 2SLGBTQIA+ community

2SLGBTQIA+ individuals experience disproportionately high rates of eating disorders, patterns of disordered eating and body dissatisfaction. This is due in part to social constructions of gender, body standards and cis-normativity.

At the same time, treatment programs are overwhelmingly targeted towards straight, cisgender, white women, and hetero- and cisnormativity are ingrained in the policies and practices of healthcare systems.

This study identified gaps in eating disorders recovery support programs for 2SLGBTQIA+ communities, and to identify and explore barriers and enablers to accessing support.

This summary highlights the key findings and recommendations for developing culturally responsive, accessible and effective support for these communities.

eating disorders Nova Scotia

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