



Talk

about health

It's time for Nova Scotians
to be healthier.



Talk about health – What we heard in Halifax.

Nova Scotia is spending more and more money on health care, but we aren't getting any healthier. It's time to **Talk about health**.

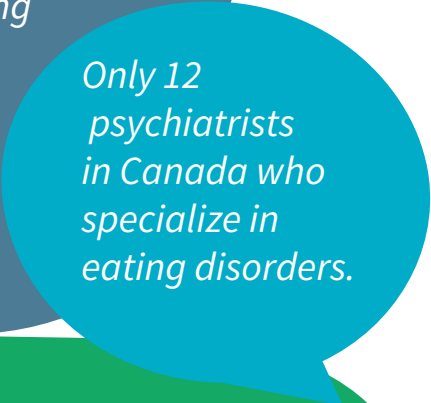
On March 21, we met with Eating Disorders Nova Scotia and talked about where the health system is and where it needs to go. Here are some of the things we heard.



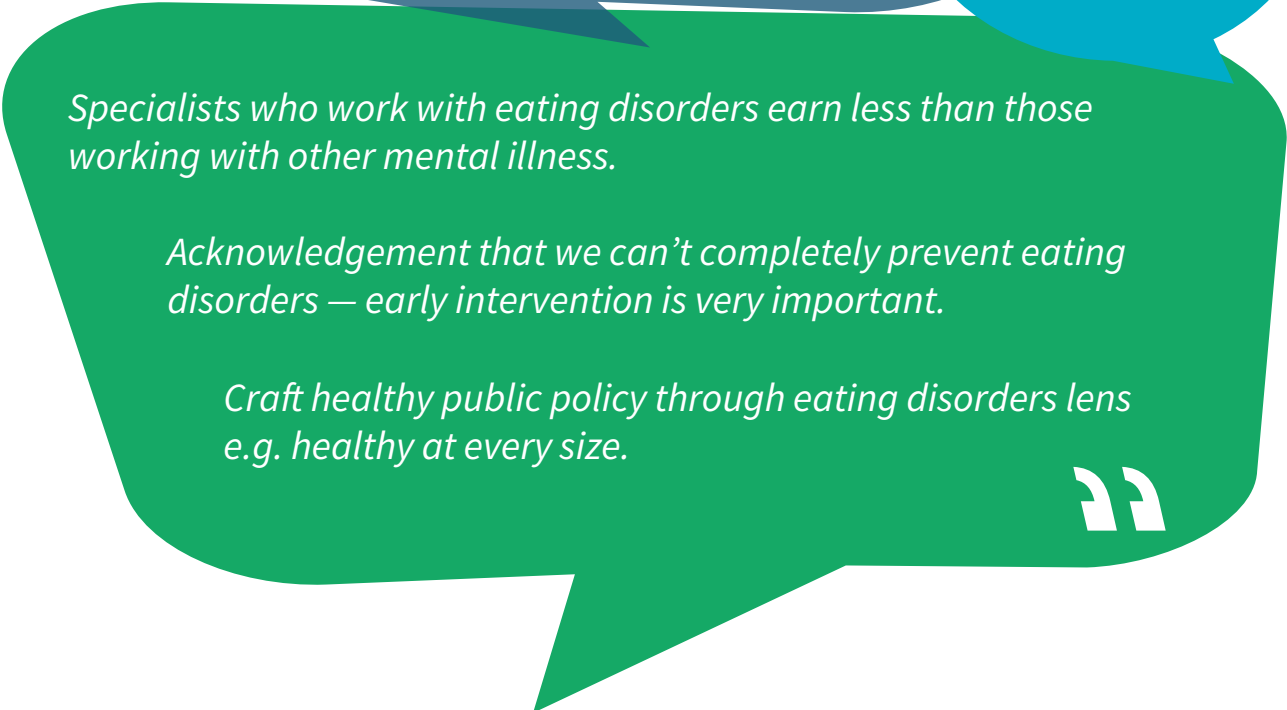
Introspection should be part of curriculum — mental illness is not spoken about at school, education about what eating disorders are in school.

Society's demonization of weight has influence — dieting and disordered eating in youth.

Inclusion of psychology services or dietician services under MSI.



Only 12 psychiatrists in Canada who specialize in eating disorders.



Specialists who work with eating disorders earn less than those working with other mental illness.

Acknowledgement that we can't completely prevent eating disorders — early intervention is very important.

Craft healthy public policy through eating disorders lens e.g. healthy at every size.

