

# EATING DISORDERS PROGRAM

## Program Overview

Homewood Health Centre offers one of the largest inpatient eating disorders programs (EDP) in Canada and helps individuals regardless of gender, aged 16 and older, to begin a life of recovery from their eating disorder.

Anorexia Nervosa is characterized by drastic weight loss, meaning 15% of body weight or more, which can lead to severe malnutrition and compromised psychological health.

Bulimia Nervosa consists of episodes of binge-eating followed by the use of compensatory behaviors such as

self-induced vomiting, use of laxatives and/or diuretics, compulsive exercise, and/or periods of fasting. Some people may present with symptoms of both disorders.

These, and other eating disorders, can involve serious medical and psychological complications and require professional attention and care.

In addition, EDP also addresses concurrent issues such as trauma and problematic substance use through group and individual programming.



## Program Trends and Patient Characteristics

# of Patients	Age	Common Additional Issues in EDP Patients		
74	Avg: 29 16 - 57	Anxiety 59%*	Depression 59%	Trauma 23%

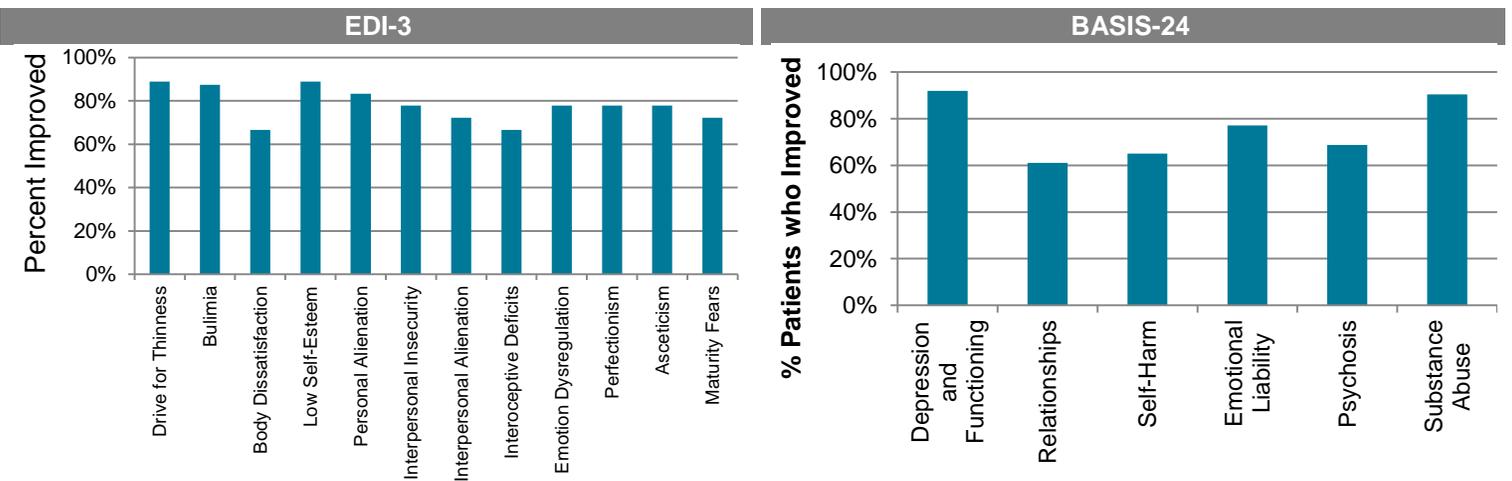
\* Percent of EDP patients with these diagnoses in addition to feeding/eating disorder.

## Clinically Observed Outcomes

The Eating Disorder Inventory (EDI-3) and the Behavior and Symptom Identification Scale (BASIS-24) are completed at admission and discharge to assess clinical outcomes.

The graphs below illustrate that EDP patients displayed positive rates of improvement (75% of patients improved, on average for BASIS-24; 78% on average for EDI-3) for each symptom.

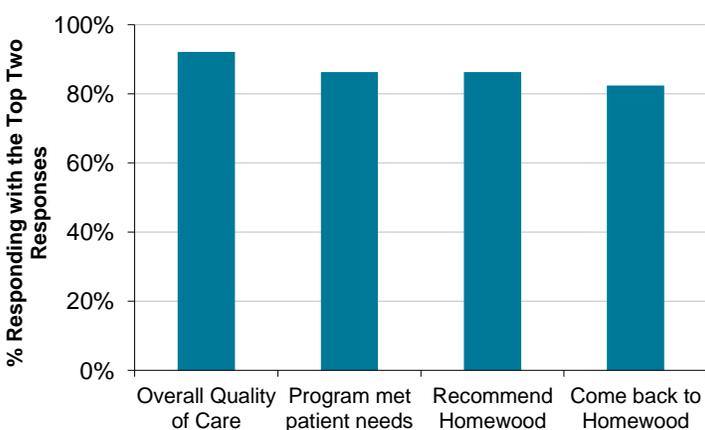
% of EDP Patients Who Improved in Clinically Observed Outcome Domains



## Patient Satisfaction

Homewood is known for providing the highest quality of care to its patients. The patient comments left in our discharge survey are evidence of positive experiences and success during this phase of recovery.

% of EDP Patients Who Responded Positively to Different Self-Reported Outcome Domains



Recent Feedback from EDP Patients

"Well-run and effective program"

"Programming made a huge improvement and I have benefitted greatly"

"Thank you for showing me that I have value and can build a beautiful life"

"All the staff were amazing and helpful"

"I have never had such a high level of care and support; I have never had a team work so hard to HELP me help myself"

"Saved my life"