

# Australian Eating Disorders Research & Translation Strategy 2021-2031

Preventing eating disorders and improving the lives of people with eating disorders and their families is possible.

To achieve this, the Australian Government has invested in the development of a national Strategy to support the highest quality research, and the translation of that research in to practice, to deliver the best possible outcomes for the communities we serve.

Underpinned by the principles of co-design, delivering impact, providing research supports, collaboration and diversity, the strategic priorities and recommendations provide the roadmap to establish eating disorders as a national research priority.



This Strategy represents the collective thinking of hundreds of individuals and key stakeholders nationally. It has been endorsed by national and state eating disorder organisations.

## Summary

# What does the strategy say?



## Strategic Priorities:

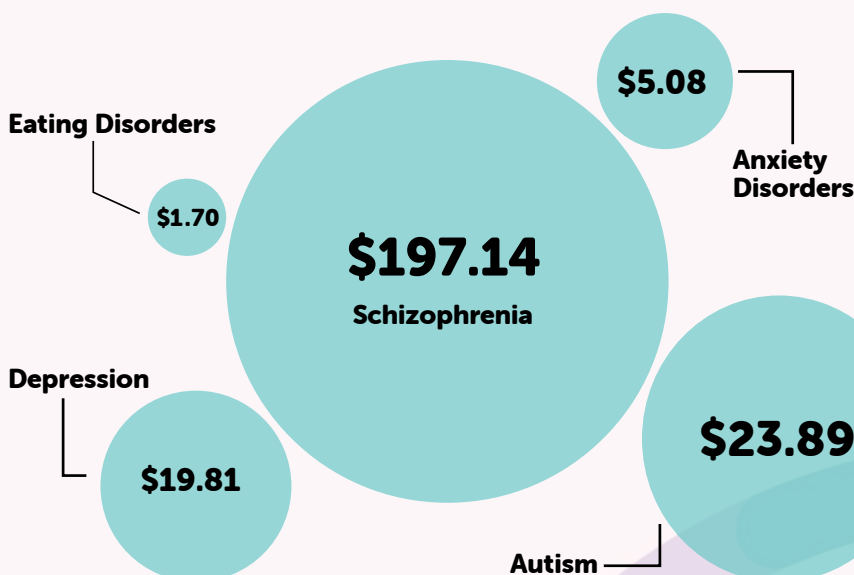
1. A culture of research excellence
2. High quality research
3. Research workforce capacity and capability
4. Mechanisms for broad implementation
5. Accelerate the impacts of research

## Why does Australia need a National Research & Translation Strategy?

Research plays a vital role in protecting and promoting the health and wellbeing of Australians. It is central to the task of preventing illness and reducing the morbidity and unacceptably high death rate from eating disorders.

To date, research innovation in the field of eating disorders has been hampered by insufficient resourcing, reliance on pockets of excellence, and a lack of coherent vision and plan, resulting in intermittent discoveries and limited uptake of the evidence.

### Australian Mental Health Research Spend Per Affected Individual:



70% of people with an eating disorder will not receive treatment and of those who do only 20% receive an evidence-based treatment

# How did we get here?

## A dynamic co-production

Led by InsideOut Institute, the Strategy has been developed through a national consultation and collaboration process, building on decades of work of the Australian research community, clinicians, service providers, eating disorder organisations and the vibrant and engaged Australian lived experience community.

### Australian Eating Disorders Research and Translation Strategy 2021-2031 Consultation Process

#### Phase 1: Nationwide Consultations

480+ individuals  
80 organisations  
10 peak bodies

ALL states and territories  
National Eating Disorder Research Collaboration  
Lived Experience Research Advisory Group



Workshops  
Surveys  
Individual consultations  
Jurisdictional consultations

#### Phase 2: Lived Experience Consultations



Specific lived experience consultations  
in collaboration with consumer and carer organisations  
broad geographical participation



#### Phase 3: The Strategy Framework

Develop the Framework Workshops:

- Project Team & Strategy Advisory Group
- National Eating Disorder Research Collaboration
- Lived Experience Research Advisory Group



Review of the Framework:

- Everyone from Phases 1 & 2
- Professional organisations
- Eating disorder organisations
- Mental health organisations

#### Phase 4: Strategy Consolidation

Priority Setting Process

- A national survey with 431 respondents
- Two workshops with 6 consumers, 6 carers, 6 clinicians, 6 researchers
- A consensus Top 10 identified



Final National Consultation

- All eating disorder organisations nationally
- All states and territories
- National Eating Disorder Research Collaboration
- Lived Experience Research Advisory Group

## What needs to be achieved?

We are united in our determination to prevent eating disorders and improve the health and wellbeing of those at risk of developing an eating disorder, their families and supports in Australia. The co-designed strategic priorities, recommendations and actions outlined in this document identify how we can support that objective by improving knowledge generation and the use of knowledge in practice in Australia.

# How research and translation will happen



Research translation and implementation is vital. Without these critical elements, research can't lead to improved health outcomes for people and communities.

## What is going to be different?

All individuals, organisations and groups have an important contribution to make in delivering on the vision and priorities in this strategy. Collectively, we will work to collaborate across relevant parts of the system to:

- Implement evidence into all areas across the system
- Value lived experience input
- Identify and respond to key knowledge gaps required to improve the health and wellbeing of Australians with eating disorders
- Ensure relevant areas across the system translate and take up research findings
- Collaborate to change systems and practices