

# BODY BRAVE

LIVE BRAVE. LIVE FULL. LIVE WISE.

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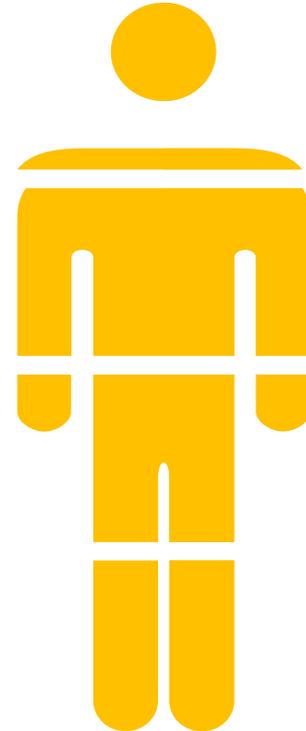
# 1 in 2 Canadians know someone who has (or has had) an eating disorder

**Over 1 million Canadians** meet diagnostic criteria for an eating disorder. Approximately 10% of those struggling are boys or men.

> 1 MIL.

**Eating disorders have the highest mortality rate** of any other mental illness. 10-15% of those with anorexia will die within the first 10 years of the illness.

15%



13%

**13% of women over 50** exhibit eating disorder symptoms in the United States (breast cancer afflicts 12% of women).

70%

**70% of doctors receive less than 5 hours** of eating disorder-specific training while in medical school.

CAN AFFECT ANYONE

Anyone can develop an eating disorder



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# ABOUT BODY BRAVE

- Hamilton non-profit
- Innovative support for individuals struggling with weight, food and body image issues (including eating disorders)
- Co-founded by mother-daughter team, Sonia Seguin and Karen Trollope in 2017



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LIVE WISE.



## MISSION

To design and deliver, in collaboration with those with lived experience, innovative services that address some of the major gaps in resources for eating disorders.

To highlight and leverage the power of the peer voice to build a bold body positive community committed to raising awareness and reducing stigma.

## VISION

People of all shapes and sizes affected by body image issues and disordered eating, experience a sense of well-being, self-efficacy, dignity and connection.

## WHO WE ARE



# OUR TEAM

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**SONIA SEGUIN**

Executive Director, Co-Founder  
M.A Economics & Business

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**KAREN TROLLOPE-KUMAR**

Program Director, Co-Founder  
M.D, PhD, CCFP, Physician

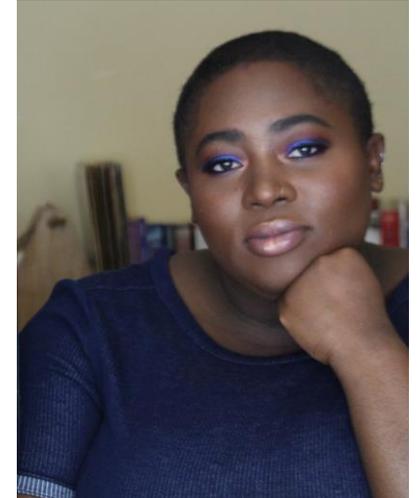
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**MARTINA MARIGLIA**

Program Assistant  
MSc Mental Health Counselling

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**CYNTHIA BOYEDE**

Marketing & Communications Coordinator  
AdvDip, Public Relations

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Body Brave has a multidisciplinary Board of Directors and Clinical Advisory Board that includes clinicians, researchers, public health professionals, people with lived experience and more.





**RAISE AWARENESS**

**PAN-CANADA INITIATIVES**

**COMMUNITY EVENTS**



# PEER SUPPORT BLOSSOMING AT BODY BRAVE

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Clinicians As  
Peers



Innovative  
Online  
Approaches



Body Positive  
Community



# CLINICIANS AS PEERS

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PHYSICIAN/  
PEER PARENT



SOCIAL  
WORKER/  
BODY  
POSITIVE PEER



# ONLINE APPROACHES

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PERSON CENTERED



EMPOWERMENT &  
AGENCY



CUSTOMIZATION



INCLUSIVITY



COLLABORATION



INNOVATION





## BODY POSITIVE COMMUNITY

- Recovered/body positive peers engage the community
- Discussions in non-traditional spaces
- Social media
- Marginalized bodies are seen and heard





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# THANK YOU!

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# WORKS CITED

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