

wickedbodies

PHASE 1

FINAL REPORT

Disordered Eating
in the Queer Community

Dr Phillip Joy & Truefaux Films

it's more than physical

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PROJECT DETAILS

"In my twenty years in the field, I have never seen a resource like this before. I cannot underscore the importance of this work."

-Anita Federici, Ph.D C.Psych, The Centre for Psychology and Emotion Regulation

OVERVIEW

Providing a template for engaging with the 2SLGBTQIA+ community with compassion and cultural humility, Wicked Bodies presents lived experiences of a diverse range of 2SLGBTQIA+ individuals navigating socio-cultural pressures, gender expectations and peer-based ideals around body weight and shape.

The aims of Wicked Bodies is to help to reduce stigma, generate hope, and invite more open conversation about disordered eating, eating disorders, and body dysmorphia within 2SLGBTQIA+ communities through uplifting narratives. Wicked Bodies speak to the need to have the voices of 2SLGBTQIA+ community members heard in the conversations about disordered eating, eating disorders, and body standards as traditionally their specific needs have not been properly or fully addressed.

Wicked Bodies is a digital resource toolkit that includes a series of short films and a discussion guidebook. The films and guidebook are designed to be used together to foster positive and engaging discussions about disordered eating, eating disorders, and body standards within a wide variety of settings. For example, Wicked Bodies could be used by treatment and healthcare centres, schools and higher education institutions, non-profit programs working with 2SLGBTQIA+ groups, and libraries and community groups; to name just a few.

TEAM

Wicked Bodies started as a co-creation between Dr Phillip Joy and Truefaux Films. Co-investigators include Dr. Olivier Ferlatte at L'universite de Montreal and Dr. Megan Aston at Dalhousie University.

The project team has also come to include many health and 2SLGBTQ+ support and community partners in NS and across Canada. A full list of our partners can be found in the Summary of Accomplishments section.

CRSH  **SSHRC**

Conseil de recherches en sciences humaines du Canada
Social Sciences and Humanities Research Council of Canada


NOVA SCOTIA
NOUVELLE-ÉCOSSE

support
4 culture

Mental & Health
Foundation
of Nova Scotia

WICKED BODIES: PHASE 1

SUMMARY OF ACCOMPLISHMENTS

"The format Wicked Bodies presents is something that we at Body Brave find to be incredibly impactful for providing hope. This hope extends both for those struggling with disordered eating who are seeking help, and for those working to support them, either professionally or personally."

-Erin Huston Training & Education Coordinator, Body Brave



Image from Episode 1

During Phase 1, our team goals focused on four main pillars

- 1) Community partnerships
- 2) Mentorship
- 3) Development of the Wicked Bodies pilot
- 4) Hosting community events for feedback

PHASE 1 PROJECT PARTNERS

Eating Disorders Nova Scotia

Body Brave ON

MacPhee Centre for Creative Learning NS

Bridgepoint Centre for Eating Disorders SK

Anita Federici The Centre for Psychology & Emotion Regulation ON

Dr Olivier Ferlatte École de Santé Publique de l'Université de Montréal QC

Youth Project NS

Community Based Research Centre (CBRC) BC, ON, NS

Dieticians of Canada ON

Halifax Pride NS

National Eating Disorder Information Centre ON

Dr Megan Aston School of Nursing, Dalhousie University NS

COMMUNITY PARTNERSHIPS

One of the driving considerations of Phase 1 was building a network of knowledge experts in both the areas of eating disorders and 2SLGBTQIA+ considerations. The following are our accomplishments in this pillar:

- We cemented relationships with 14 partner non-profit 2SLGBTQIA+ and disordered eating support organizations in NS and across Canada
- Co-developed a Partnership Agreement
- Hosted over 50 intentional virtual conversations with partners, participants, community members, Indigenous and QTBIPOC community leaders



"I liked that my points about my ethnic identity were included as I feel it is important to address different racial and cultural differences within eating disorder treatment and research."
-Film Participant Quote

MENTORSHIP

Another pillar of Wicked Bodies is mentorship. As part of our project we value opportunities to help students develop skills in research, project implementation, and filmmaking.

We hired on undergraduate student who was doing a degree in creative writing and filmmaking.

This student was involved in many parts of the project, including the review of the literature, communications with partners, networking and fostering relationships, recruitment activities of film participants, development of outreach activities, and report writing/editing.

THE WICKED BODIES TOOLKIT

A main goal of Phase was the development of the pilot Wicked Bodies toolkit.

The following are our accomplishments in this pillar:

- Obtained ethical clearance from MSVU for filming participants
- Filmed and interviewed eight individuals sharing their lived experiences
- Created Episode 1: Disordered Eating - It's A Spectrum
- Created a rough cut of Episode 2: Gender Non-conformity
- Created a Wicked Bodies webpage on the Truefaux website
- Developed a draft discussion guidebook with partner and community input
- Designed promotional materials for the outreach activities
- Created French subtitles for Episode 1 and a French translation of the discussion guidebook

*"A lot of care was put into respecting our stories."
-Film Participant Quote*



Image of Everette from Episode 1



“The characters are engaging, the themes relevant. It’s a very dark, deep theme, which is approached in a non-dramatic or sensational way.”
 -Quote from Feedback Survey

Image of Matty from Episode 1

COMMUNITY EVENTS AND SURVEY FEEDBACK

This pillar was considered to ensure Wicked Bodies meets the needs of the 2SLGBTQIA+ and disordered eating communities and to obtain feedback to develop Phase 2 of the project.

- Obtained ethical clearance from MSVU for feedback survey
- Hosted three outreach activities where we piloted the draft Wicked Bodies Toolkit
- Pre-recorded a presentation for the Sept 2022 Dietitians of Canada Virtual Conference
- Generated a bilingual survey for outreach activity participant feedback
- Gathered feedback on the films and discussion guidebook, including input on topics and themes to be featured in future episodes



Image of Jeffrey from Episode 1

"I loved that the film included a range of participants who could speak to such a wide range of experiences rather than presenting the community as a single faceted group. The participants were so captivating in their open discussion of their experiences. I saw so many of my clients represented by the individuals in the film."

-Quote from Feedback Survey

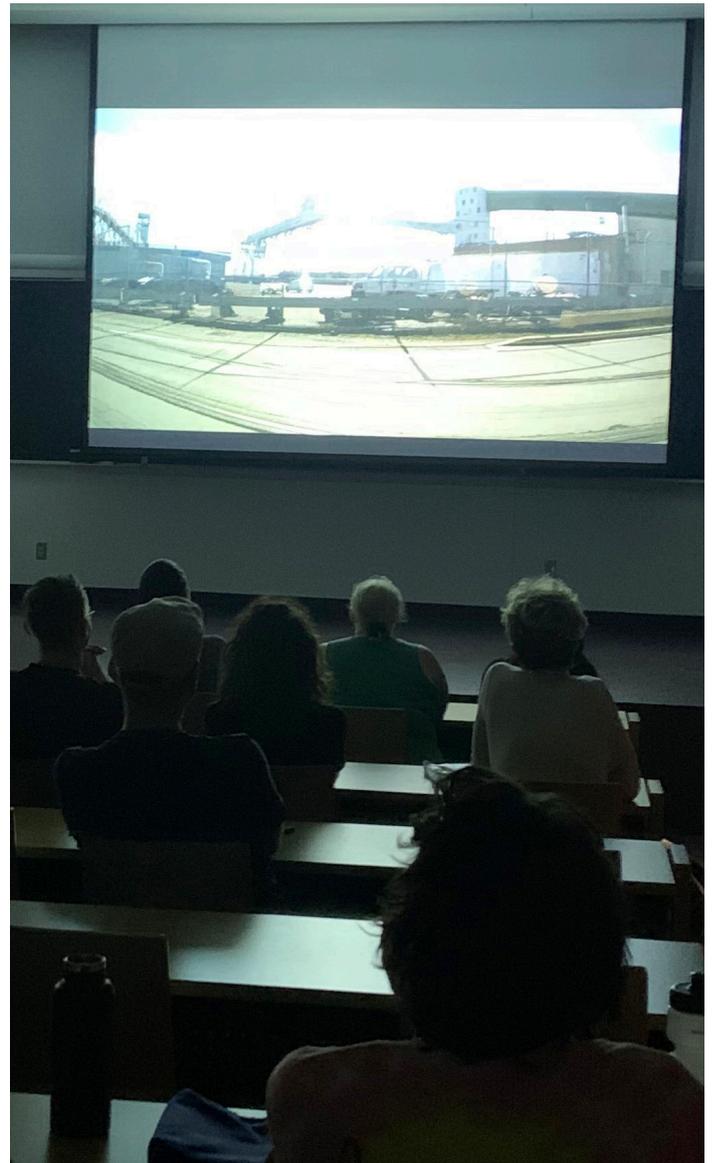
WE HAD

- 80 attendees at the virtual event
- 18 attendees at the in person event at L'universite de Montreal, Quebec
- 25 attendees at the in person event at Mount Saint Vincent University in Halifax, Nova Scotia

WE HAD

30% of attendees complete the feedback survey. Of the people who completed the surveys:

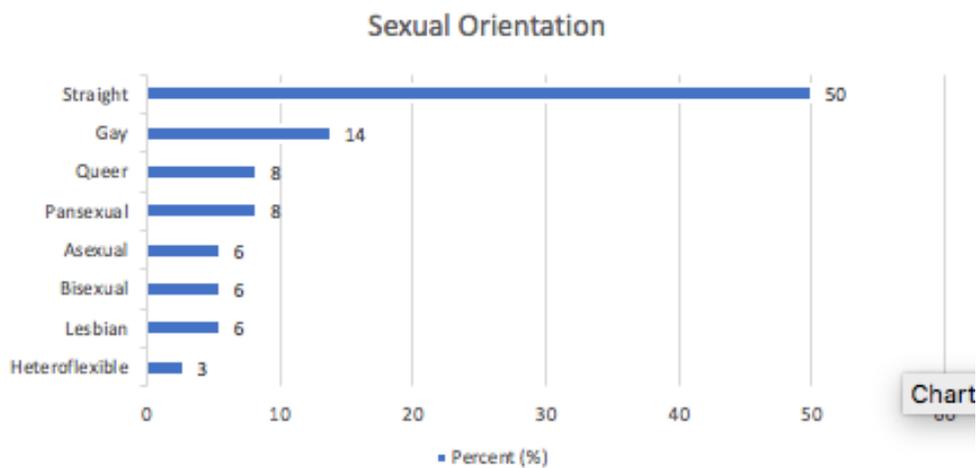
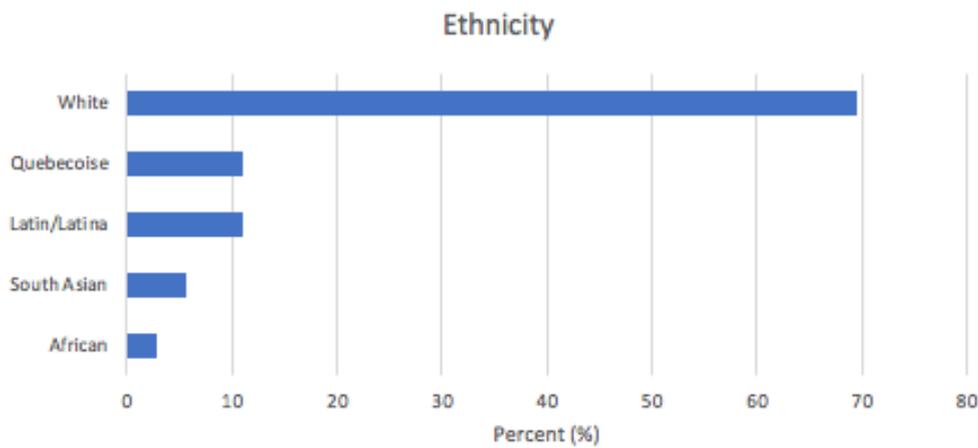
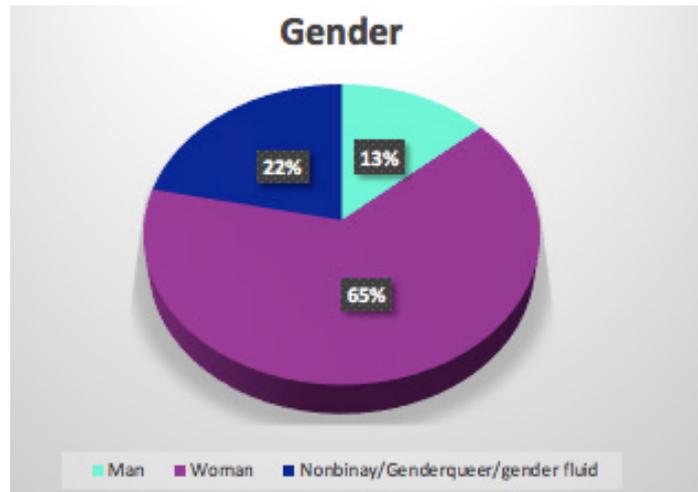
- 44% were students
- 31% were health professionals
- 14% were people living with an eating disorder
- 8% were educators
- 3% were community service providers



Montreal event

"I was also so happy to see the discussion about the difficulties accessing appropriate health care as this is so often misunderstood by members outside of the community. This gap/lack of services is particularly difficult in specialty areas like Eating Disorder care."

-Quote from Feedback Survey



Demographics Feedback Survey Participants

"The fact that the interviewees were positioned/presented as the experts on their experiences. The intimate nature of the film and the focus on people's experiences."

-Quote from Feedback Survey

"It was uplifting to see folks engaging and inspired to help bring awareness and support."

-Quote from Feedback Survey

What did you like most about the films?

Feedback from the surveys indicated that the following themes resonated with people:

- Diversity within the film
- Community approach to the film
- First-person style of story-telling
- Candidness and generosity of sharing by the people in the film

What did you like the least about the films?

Feedback from the surveys indicated that the following:

- the film was too short and **there needs to be more!**

What did you like about the Group Discussion after watching Episode 1?

Feedback from the surveys indicated that the following themes about the discussions at the community events:

- People appreciated hearing the varied perspectives of others
- People felt we created a safe space
- People felt a sense of connection and that they could identify with the stories in the episodes
- People appreciated the opportunity to share their thoughts

"As the only queer healthcare worker on my team I often feel pressure to be the constant advocate / keeper of all knowledge and resources re: 2SLGBTQIA+ experiences. I think many of the participants we work with will find the videos and other resources incredibly validating and help them know they aren't alone in their experiences. This work is so important!"

-Occupational therapist working as a mental health clinician with a community eating disorders program (virtual event attendee)

“There is value in this work as it communicates important issues and helps healthcare workers understand and respect their clients.”
 -Quote from Feedback Survey

FUTURE DIRECTIONS

Our feedback overwhelmingly indicated that further development of this project is not only needed but highly valued and welcomed by the communities of health care professionals, community service providers, educators, 2SLGBTQ+ individuals, and people living with eating disorders.

“This is something the Library will be interested in purchasing so we have access on an ongoing basis.”
 -Meg Raven, Collections Librarian, Liaison Librarian for the Sciences Mount Saint Vincent University Library & Archives

Therefore our next steps include:

- seeking funding from a variety of sources
- development of 8-10 more episodes based the series based on community feedback
- further development of relationships with community partners, including the development of partners in areas noted by the feedback, such as partners who work with queer Black, People of Color, and Indigenous people



Image from Episode 1

WHAT TOPICS DO PEOPLE WANT TO SEE?

In our discussions and surveys we asked attendees to share their thoughts on future episode topics for Wicked Bodies. Here is what they said:

- More diversity, including more diversity in age
- More stories from people who identify as asexual and intersex
- More stories from Black, People of Color, and Indigenous people
- Weight stigma and fatphobia
- Gender dysphoria and gender-affirming care
- Media and social media in the queer communities
- Body ideals for different people, including gay men, trans people,
- Discussions on the recovery journey
- The depth in the arc of people's eating disorders: how they started their eating disorder, how they recovered, what type of eating disorder, if they recovered.
- Capitalism and diet culture and the beauty industry
- The role of colonization in diet culture
- Intersections of eating disorders with poverty, racism, education, and other social determinants of health
- Impact of eating disorders on family members, the role of family structures and intergenerational trauma
- Treatment barriers
- How people can help
- Examples of 2SLGBTQ+ focused community supports

"Talk about the demonisation of fat queer bodies and how it's very hard to find community when you're navigating various manifestations of societal oppression all at once. Fatphobia is omnipresent and affects everything from how much you spend on clothes to whether your doctor is willing to take your health problems seriously."
-Quote from Feedback Survey

"I would have liked to see more Black, Indigenous, and other people of colour represented in the participants, as well as space given for in-depth discussions of systemic racism and the diversity in cultural ideals around food, eating, body type, etc. I hope to see more discussion of the barriers to recovery faced by queer people living with an eating disorder. I would have loved to see disabled, neurodivergent, and other intersectional/marginalized identities showcased."

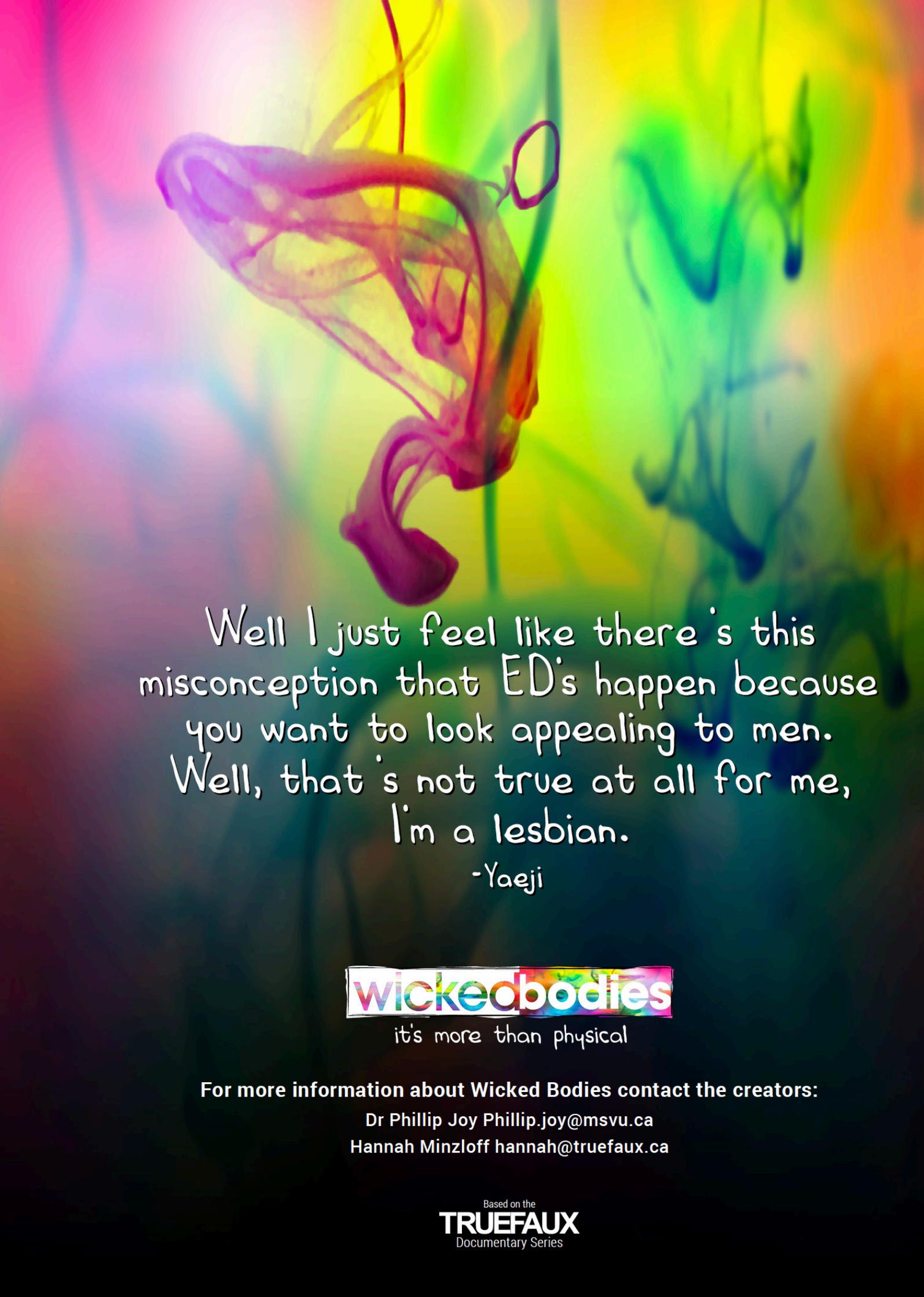
-Quote from Feedback Survey

FINAL THOUGHTS

"I wanted to reach out personally to thank you for this great project and to express my gratitude for being able to participate in tonight's discussion. I'm a middle-aged cis het male, husband and stay-at-home dad to 3 kids. I have my own ED history, and work as a peer supporter and ED recovery coach. I was raised by a lesbian mom and I have a queer and non-binary teen child, so your film touched me in many, many ways tonight!!"
-Quote from Feedback Survey

"I am so grateful for your team for coming together and creating this valuable and beautiful and NECESSARY project. I am humbled by you offering it to us for free. I appreciate your vision and trust that what is to come will be just what is needed. Thank you!! xoxo"
-Quote from Feedback Survey

"Thank you SO much for doing this! As the only queer healthcare working on my team I often feel pressure to be the constant advocate / keeper of all knowledge and resources re: 2SLGBTQIA+ experiences. Having access to these amazing resources will be supportive for our team to learn more and better support our clients/participants. I think many of the participants we work with will find the videos and other resources incredibly validating and help them know they aren't alone in their experiences. This work is so important!"
-Quote from Feedback Survey



Well I just feel like there's this misconception that ED's happen because you want to look appealing to men. Well, that's not true at all for me, I'm a lesbian.

-Yaeji

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For more information about Wicked Bodies contact the creators:

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Based on the
TRUEFAUX
Documentary Series