

World Eating Disorders Action DAY 2026 CALLS ON THE WORLD TO “STOP STIGMA. START CARE. TOGETHER.



World
Eating
Disorders
Action Day
June 2

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Global movement marks 12 years of advocacy, awareness, and action for people affected by eating disorders

Today, organizations, advocates, families, clinicians, researchers, and people with lived experience across the globe unite for World Eating Disorders Action Day 2026 under the theme:

“Stop Stigma. Start Care. Together.”

Eating disorders are serious, complex illnesses that affect people of all ages, genders, body sizes, races, and backgrounds. Yet stigma, misunderstanding, and barriers to care continue to delay diagnosis and treatment for millions worldwide.

This year’s campaign calls on communities, healthcare providers, policymakers, educators, and the public to replace judgment with understanding and ensure that everyone affected by an eating disorder has access to timely, evidence-based care.

“Stigma remains one of the greatest barriers to recovery,” said Amy Cunningham, Cofounder and Global Lead of World Eating Disorders Action Day. “When people are met with compassion, accurate information, and access to care, recovery becomes possible. Together, we can create a world where no one faces an eating disorder alone.”

World Eating Disorders Action Day was founded in 2015 by a pioneering group of parents, caregivers, advocates, clinicians, and individuals with lived experience who recognized the need for a united global response to eating disorders. Their vision was simple but powerful: bring the world together around science, hope, and action to improve outcomes for everyone affected by these illnesses.

Over the past twelve years, that vision has grown into a worldwide movement reaching millions of people, uniting over 260 organizations in nearly 60 countries and supporting efforts to reduce stigma, promote early intervention, improve access to treatment, and elevate lived experience voices.

On June 2, supporters are encouraged to wear purple, take policy actions in their countries, share evidence-based information, and help spread the message: Stop Stigma. Start Care. Together.

About World Eating Disorders Action Day

World Eating Disorders Action Day is a global movement dedicated to reducing stigma, promoting evidence-based information, advancing early intervention, and improving access to care for people affected by eating disorders. Held annually on June 2, the campaign brings together organizations, professionals, advocates, families, and individuals with lived experience from around the world to drive awareness and action.

Media Contact

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[#WorldEatingDisordersActionDay2026](#)

[#StopStigma](#) [#StartCare](#)

[#WeDoAct2026](#)

[#Together2026](#)

Eating disorders
are **brain** based
illnesses.



 **June 2**
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Action Day

 **STOP
STIGMA.** |  **START CARE.
TOGETHER.**

www.worldeatingdisordersactionday.org

**Stop Stigma.
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