



European Food Forum

“Eating Disorders, Mental Health and EU policies: Challenges and Future Perspectives”

4th March 2025, 16.00 - 18.00

European Parliament

NEW ROOM: SPAAK 7C50

Hosting MEPs:

MEP Antonella Sberna, MEP Maria Walsh

#LetsTalkAboutFood
#EUFoodDialogue

Eating Disorder Awareness Week



EATING DISORDERS, MENTAL HEALTH AND EU POLICIES: CHALLENGES AND FUTURE PERSPECTIVES

HOSTING MEPS:

MEP ANTONELLA SBERNA

MEP MARIA WALSH

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Event Description

As part of the Eating Disorders Awareness Week this March, EP Vice President Antonella Sberna and MEP Maria Walsh are hosting and chairing the European Food Forum event on eating disorders, mental health, and European Union policies. This event will examine the current regulatory landscape and the EU's strategies for preventing and treating eating disorders, as well as explore the crucial role of mental health and nutrition in European healthcare policies, identifying ways to enhance their integration for more effective support.

A key focus will be on the broader social determinants that influence mental health, including limited education, gender inequality, poverty, and unemployment. Addressing these factors through a comprehensive, intersectoral approach is essential to promoting mental well-being and ensuring early intervention when challenges arise. Additionally, the event will explore the role of social media and influencers in shaping youth behaviors, particularly their impact on body image and the promotion of unhealthy habits. As digital platforms continue to play a significant role in young people's lives, it is crucial to assess their influence and consider strategies to foster healthier online environments.

While awareness and treatment options have expanded, challenges like misinformation, accessibility, and evolving societal norms continue to shape how these disorders are understood and managed. By fostering an open dialogue among policymakers, healthcare professionals, associations, and those affected, this event aims to drive forward-thinking solutions in regulation and healthcare. With a strong emphasis on prevention and evidence-based strategies, the European Food Forum seeks to elevate the conversation around eating disorders and mental health.

Join us in shaping policies and solutions that promote well-being across Europe!



Agenda

Moderator: Filippo Giuffrida Répaci - Director at RadioCom.tv

16:00 - 16:10 Opening Remarks by MEP Antonella Sberna and MEP Maria Walsh

16:10 - 16:40 Panel Discussion 1: Regulatory Landscape on health-related policies – Mental Health and Eating Disorders

- **MEP Maria Walsh** – Policies addressing mental health and eating disorders
- **Umberto Nizzoli** - President European Chapter of the Academy for Eating Disorders – Do we need a better policy framework for Eating Disorders?
- **Cortney Price** - Lead for Behavioural Science, FAO – The Role of Behavioural Science in Poorly Regulated Food Environments

Q&A

16h40 – 17h50 Panel Discussion 2: Towards Future Solutions and Policies

- **Nadia Accetti** – NGO DonnaDonna Onlus Founder - Experience, activities, best practices and envisaged solutions
- **Harriet Parsons** – Interim CEO at Bodywhys – The Eating Disorder Association of Ireland
- **Clodagh Dowling** - Director of Psychology at St Patrick's Mental Health Services (SPMHS) and Adjunct Professor at the School of Psychology University College Dublin (UCD - Compassion Focused Therapy for Eating Disorders - Why Compassion is a Necessity
- **Zeynep Demirelli Sağ, MSc.** - Psychologist, Influencer - Testimony and expectations from policymakers
- **Tara Hopkins** – Global Director, Public Policy, Instagram - The role of social media platforms and their contribution to a healthier online environment
- **MEP Antonella Sberna**

Q&A

17h50 - 18h00 **Closing Remarks by MEPs Antonella Sberna and Maria Walsh**