

# News Release

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**FOR IMMEDIATE RELEASE**  
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## **Quest for Life Foundation to deliver an intensive treatment program that aims to arrest the alarming increase in the number of young Australians being diagnosed with an eating disorder.**

Currently in Australia, more than 900,000 people live with an eating disorder and Australian women are more likely to be diagnosed with an eating disorder in their lifetime than breast cancer. Without the appropriate support and services, that number is expected to rise to more than 1 million by 2022.

*Nourishing the Spirit* is a five-day residential retreat at the Quest for Life Centre in Bundanoon in the NSW Southern Highlands. The retreat is for young men and women aged 18 to 30 years with eating behaviours including anorexia, bulimia nervosa, binge eating disorder or other specified feeding and eating behaviours. The retreat provides participants with the skills to develop a positive body image, enhance hope and help-seeking through education, awareness, practical exercise and strategies to overcome negative eating behaviours. 94% of participants from our retreat in June 2014, agreed that the retreat had given them the information, skills and strategies to improve their general quality of life.

Petrea King, Founder and Chief Executive Officer of the Quest for Life Foundation, said it's important to provide treatment programs for people living with eating disorders; "In 2007, the Australian Bureau of Statistics reported that eating disorders were amongst the most common reasons for the hospitalisation of adolescent women. While a 2012 report conducted by Deloitte's Access Economics estimated that the total socio-economic cost of eating disorders in Australia was \$69.7 billion. In addition, of all mental illnesses, eating disorders have the highest mortality rate and are the 12th leading cause of mental health hospitalisation costs within Australia," Ms King said.

These figures alone highlight the immediate and growing need for these services.

"The residential aspect of the program will allow participants to focus on their own life without distraction and learn valuable life skills and strategies for healing and peace," Ms King added.

*Nourishing the Spirit* is a collaboration between Quest for Life and highly experienced health professionals and therapists who are leaders in their field of working with young people with eating disorders; “The collaboration combines more than 25 years’ experience working with people facing life’s challenges in a supportive and nurturing environment,” Ms King said.

**Retreat Dates:** 1 – 5 December 2014, 6 – 10 July or 30 Nov – 4 Dec 2015

For more information please visit [questforlife.com.au/nourishing-the-spirit](http://questforlife.com.au/nourishing-the-spirit) or call 1300 941 488.

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