**An Exclusive Interview with Sarah Fuller**

This is Eating Disorders Awareness Week, and Bedfordshire & Luton based CAMHS Eating Disorders Dietitian Sarah Fuller has been using her expertise to support young people and to raise awareness of the conditions associated with Eating Disorders for some time now.

Sarah has also led groundbreaking work into naso-gastric tube feeding under restraint and has researched to understand the  less well known area of veganism in eating disorders.

In 2019 Sarah was added to the British Dietetic Association’s (BDA) Roll of Honour in recognition of this work.

Sarah is also part of the campaign 'We are the NHS' which aims to raise the profile of a wide variety of NHS roles and professions, and has used the platform to demonstrate the important work that NHS Eating Disorders Dieticians perform.

**What is the key message you would like to get across during this year's ED Awareness Week?**

*Eating disorders can affect people regardless of their age, gender, ethnicity or background.  As with so many mental health illnesses, getting help early is really important. This year's Awareness Week focus is 'Why Wait?' Its a good opportunity to make people aware of the kinds of symptoms that accompany Eating Disorders, and so encourages people not to delay in seeking help. We know that the earlier people seek help, the more likely they are to experience a full and fast recovery.*

**The interview you gave to Talk Radio on 4 December 2021   (Link here**[**https://talkradio.co.uk/radio/listen-again/1638622800**](https://talkradio.co.uk/radio/listen-again/1638622800)

**is especially informative - not only does it bring awareness to Eating Disorders, something which is far more common than people may realise - but also helps to describe to families and friends on how to support people with ED. Although this was very much aimed at people having to cope with EDs at Christmas, the information is relevant all year round. Are we getting better as a society in becoming more aware of the importance of treating ED seriously?**

 *Yes we are getting better at identifying some eating disorders – often the low weight ones where there is a physical health risk.  However, the narrative encouraging people to seek help for their mental health is helping more people seek treatment.*

**Are there any good organisations or books that you would recommend that shine a light on ED and can really help people experiencing a crisis, that you would recommend?**

*I would encourage everyone to visit BEAT’s website (the national eating disorder charity) https://www.beateatingdisorders.org.uk/*