

## Activity Report 2020

The Nordic Eating Disorder Society (NEDS) has as its main object to serve as a forum for new contacts and exchange of experiences among eating disorder professionals in the Nordic countries in order to increase knowledge about and improve the treatment of eating disorders.

This objective is attained by (not in order of priority):

- Facilitating research in the field, especially research that implies co-operation among professionals in the field in the Nordic countries
- Facilitating co-operation among professionals working in a clinical context in the field in the Nordic countries
- Working to make existing and new knowledge in the field available to members of the Society
- Promoting contacts with corresponding organizations outside the Nordic countries

All members of the National societies in the NEDS are automatically members of the NEDS.

### Board

The work of NEDS is executed by a board consisting of an elected chairman and representatives from the National societies. The chairman is elected for four years at the biannual general assembly and board members are elected by the National societies.

### Board members January 1<sup>st</sup> – December 31<sup>st</sup> 2020:

Rasmus Isomaa (elected chairman 2016-2020)

Jorunn Sundgot Borgen (Vice Chair, NO)

Jakobs Anna Danielsson (Treasurer, SW)

Inger Becker (Secretary, DK)

Pia Charpentier (FI)

Gudlaug Thorsteinsdottir (ISL)

## **Board meetings**

In early 2020 the global COVID-19 pandemic started. The pandemic had a strong impact on all activities of NEDS and its national societies.

During 2020 the board held seven online meetings via the Zoom platform. The General assembly which was planned to take place during the NEDS conference in Oslo was instead also arranged via the Zoom platform. The General assembly took place on November 16 and was attended by 15 participants.

The General assembly elected Rasmus Isomaa chairman of NEDS for 2021-2024. The assembly also decided that the NEDS 2024 conference will be arranged in Denmark by the Danish ED Society in collaboration with NEDS.

## **Economy**

See treasurers report. Due to the COVID-19 pandemic NEDS had no major expenses during the year. The financial result was - 14 646 SEK. The society's economy remains stable.

## **Nordic Congress in Oslo 2020**

The 13<sup>th</sup> Nordic conference on eating disorders was planned to take place in Oslo in September, 2020. The conference was first postponed to February 2021 and then to September 2022.

## **Other activities**

NEDS has continued its work as an umbrella organization for the National eating disorders societies in all Nordic countries. The board has actively been working on rules of procedure to ensure continuity and stability in NEDS. Nordic cooperation is supported through Nordic interest groups (NIGs; see below) and collaboration with for example the Nordic Association for a Society without Eating Disorders (NORSED). At the General assembly NEDS role in the Academy for eating disorders (AED) was discussed. The board continues the discussion with AED.

## **Communication**

NEDS communicates with its members indirectly via the national societies and directly via our own website [www.neds.nu](http://www.neds.nu) and our conference website [www.nedsconference.com](http://www.nedsconference.com).

### **Nordic Interest Groups (NIG; Appendices 1-3)**

There are three active NIGs in NEDS: NIG-Sigma (Pregnancy and eating disorders), NIG-MFT (Multi Family Therapy for Eating Disorders), and NIG-Sports and exercise. Other NIGs are NIG-NUT (Nutritional rehabilitation), NIG-BED (Binge Eating Disorders), NIG-SEED (Severe and Enduring Eating Disorders) and NIG-WEB (Web-based strategies for intervention and prevention of eating disorders). An annual report is requested from each NIG to get a better overview of their work.

During 2021 the NEDS board will review and contact inactive NIGs. Inactive NIGs will be removed from NEDS website.

Jakobstad, August 6, 2021

*Rasmus Isomaa*

Chair of the Nordic Eating Disorders Society