Activity Report 2025

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

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

Board members 2025:

Sanna Aila Gustafsson (Chairman, SW)

Pia Carpentier (FI – until may 2025)

Sirja Dimitroff (FI – from may 2025)

Inger Becker (DK – until may 2025)

Gry Kjærsdam Telléus (DK – from may 2025)

Therese Fostervold Mathisen (NO)

Heiða Guðmundsdóttir (Secretary, ISL)

On the meeting in September it was decided that each country (except Sweden who already have two people in the board) will be able to have a substitute welcome to join all digital meetings.

Board meetings

The NEDS board had eight meetings in 2025. Six were held online (Feb 17th, April 8th, May 20th, August 22nd) and one meeting was in Reykjavik March 13th and one in Västerås Sept 14th to 15th.

Economy

The society's economy remains stable. Since 2025 was a year when we did not host a conference but still had costs the financial result for 2025 was 191 113 SEK. The total sum of NEDS financial assets was 775 173 SEK in the end of 2025. For more details see the financial statements and the auditors reports.

Nordic Conference

The board has been engaged in the planning for the 15th Nordic conference on eating disorders that will take place in Västerås, Sweden in September, 2026.

Nordic webinars

NEDS is annually organizing two Nordic webinars. The national societies should in turn arrange webinars in English. On June 2nd that Icelandic society held a webinar with the title: Higher weigt and eating disorders in a weight loss environment; weight management medications and gastric surgeries. The speaker was dr. Berglind Blöndal, a dietitian from Iceland.

On November 17th the Danish society hosted a webinar with the title: Body and Identity in a Digital Age – The Influence of Social Media on the Development and Maintenance of Eating Disorders. The speaker was psychologist David Madsen.

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. NEDS is represented in the Academy for eating disorders (AED), but the role of the Nordic chapter is currently being discussed.

Communication

NEDS communicates with its members indirectly via the national societies and directly via our website www.nedsconference.com.

National intererest groups (NIGs)

The Nordic cooperation within the NEDS is organised mainly via Nordic Interest Groups (NIG). A NIG is a nordic network that deals with a significant issue concerning eating disorders. Currently there is two NIGs registered under NEDS auspices:

- SIGMA is a Nordic network inviting professionals in contact with pregnant women and mothers suffering from an eating disorder. The purpose is to share knowledge to enhance the development of best practices towards this group, based on both clinical experience and the scientific literature.
- Sports and exercise is a Nordic network with the aim to increase knowledge and competence about eating disorders, and examine possibilities for collaboration in research between Nordic countries.

Örebro, August 23rd 2026

Sanna Aila Gustafsson

Chair of the Nordic Eating Disorders Society

THE NORDIC EATING DISORDER SOCIETY