


National Eating Disorders Awareness Week

(NEDAwareness Week 2022)

February 21-27, 2022



See the Change, Be the Change.

Celebrating twenty years as the National Eating Disorders Association (NEDA), #NEDAwareness Week 2022 is an opportunity to #SeeTheChange by recognizing change within the ever-evolving eating disorders field, and to #BeTheChange through advocacy, awareness, and community building.

What are eating disorders?

- Real, life-threatening illnesses with potentially fatal consequences.
- Involve extreme emotions, attitudes, and behaviors surrounding weight, food, and size.
- Caused by a range of biological, psychological, and sociocultural factors
- Diagnosable by a professional, treatable



By The Numbers

9%

9%, or 28.8 million Americans, will have an eating disorder at some point in their life

52

Someone dies every 52 minutes as a direct result of an eating disorder

17%

11-17% of females and 4% of males on college campuses screen positive for clinical ED symptoms

90%

90% of college-aged women reported engaging in some form of weight control behaviors


Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7470246/>
https://anad.org/eating-disorders-statistics/?gclid=CiwKCAiAo4OQBhBBEiwA5KWu_y5twDjA-7lgefBNbfOh_sMZv6sK6_fkOGAtivFOkOD8OST2Qid3xoCOJsOAvD_BwE

Types of Eating Disorders



Anorexia Nervosa

-attempting to lose weight through restrictive eating or excessive exercise, obsession with weight loss




Bulimia Nervosa

-use of methods to avoid weight gain, usually through some form of "purging" (throwing up, laxatives)



Binge Eating Disorder

-consuming large amounts of food, but feeling as though they cannot control their intake



Body Dysmorphic Disorder

-persistent and intrusive preoccupations with body image

Warning Signs and Symptoms

Emotional/Behavioral

- Preoccupation with weight, calories, food, carbs, etc.
 - Skipping meals
- Extreme concern with body size and shape
- Obsession with appearance
 - Refusal to eat certain foods/food groups
 - Withdrawal from social settings

Physical

- Menstrual irregularities
 - Muscle weakness
- Difficulty concentrating
 - Dizziness, fainting
 - Dental problems
 - Dry skin and hair
- Abnormal lab findings (anemia, low white and red blood cell counts)
- Weight loss/gain ****

Normalization of ED Culture in College Life

- Not eating before going out to “have more fun”
- Not eating because of an outfit you are wearing/planning to wear
- Making others feel bad for not working out/for their diet choices
- Commenting on people’s clothing choices or their plates
- Normalizing vocabulary such as “pulling trig”

Phrases to Avoid

“Why don’t you just eat? It’s not that hard.”

“You don’t look underweight. Clearly, you are not that sick.”

“You look so underweight. You really should eat some more.”

“Ugh I want to lose weight– I wish I had an eating disorder, too.”

Doing Our Part



Practice
compassion
and self-care,
listen to your
body



Encourage
body-positive
conversations,
educate
yourself



Avoid putting
yourself down,
use positive
affirmations

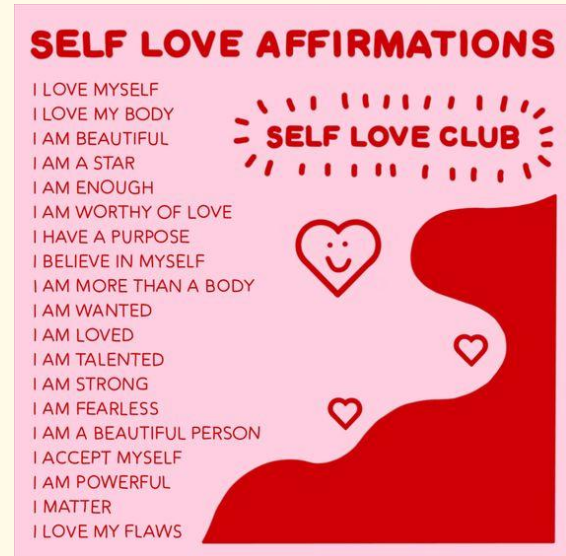


Talk with a
professional,
seek out
resources!



Promoting Body Positivity Day-to-Day:

- Decorate affirmations and put them on your mirror/in your notebook
- Listen to your needs- physically and mentally
- Practice being aware of your thoughts and understanding/reframing negative thinking
- Take care of yourself with the intention of making your body feel good, not changing it (fun workouts!)
- Gratitude journaling
- Write a love letter to your body!



a love note to my body by Cleo Wade

first of all,
I want to say
thank you

for the heart you kept beating
even when it was broken

for every answer you gave me in my gut

for loving me back
even when
I didn't know how to love you

for every time you recovered when I pushed you past our limits

for today,

for waking up.



800-931-2237

You don't need to be at your lowest to seek help :)

Resources

Online:

- <https://www.nationaleatingdisorders.org/screening-tool>
- <https://www.nationaleatingdisorders.org/brochures>
- https://anad.org/?gclid=CjwKCAiAo4OOBhBBEiwA5KWu_7blkpXvNVUSKOFGh6tg7U79NkKocKFSEQZ1lgz4iekNeDNBghjtNBoCZkAQAvD_BwE
- <https://www.eatingrecoverycenter.com/resources/recommended-websites>
- <http://www.thebodypositive.org/>

Local:

- <https://bertnash.org/>
- <https://care.ku.edu/resources-0>
- <https://caps.ku.edu/>
- [www.4teen24.org :\)](http://www.4teen24.org)