

# Incorporating Diversity in Your Prevention Efforts

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- \* Contact campus student groups (i.e. Black Student Union; Diversity Committees; Gay, Lesbian, Bisexual, Transgender Programs) to request information and their participation in NEDAW.
- \* Contact local treatment providers and neighborhood leaders to find out more information on how body image affects various minority groups in your community.
- \* Ensure that NEDAW volunteers are representative of the diverse array of individuals on campus, such as in size, religion, race, and sexual orientation.
- \* Use language that is inclusive of every race, size, age, sexual orientation, religion, etc.
- \* If you are providing referrals, make sure that you have included culturally competent treatment providers and clinicians of diverse race and ethnicity.
- \* If you are giving nutrition and food preparation lectures be sure to incorporate a variety of foods, including ethnic dishes.
- \* Recommend informational materials that are applicable to a diverse population, for example:

**Culture and Weight Consciousness: Mervat Nasser, (1997). Routledge.**

“With the understanding that weight consciousness has clearly spread to other cultures, Nasser examines case reports of eating disorders among ethnic groups in the USA and UK, and comparative prevalence throughout the world, including Japan, the Middle East, China, India, South America, and Africa.”

**Looking Queer: Body Image and Identity in Lesbian, Bisexual, Gay, and Transgender Communities: Dawn Atkins (ed.), (1998). Haworth Press.**

“This thorough, gutsy collection of 63 entries contains research, first hand accounts, poetry, and journalistic essays that address the special needs of sexual minorities when dealing with eating disorders, body image issues, and appearance obsession.”

**Adios, Barbie: Ophelia Edut (ed.), (1998). Seal Press.**

A collection of essays from a diverse array of women regarding their struggle for identity in a culture consumed with physical appearance.

**Lesbians, Levis, and Lipstick: The Meaning of Beauty in Our Lives: Jeanine C. Cogan & Joanie M. Erickson (eds.), (1999). Harrington Park Press.**

"Essays, poems, and research papers from women who describe both the freeing and restrictive aspects of lesbian beauty norms."

**YELL-Oh Girls!: Vickie Nam (ed.), (2001). Quill.**

A compilation of candid personal writings from Asian American girls about culture clashes, establishing identity, body image, and finding one's voice.

