

National Eating Disorders Awareness Week Resource and Planning Guide

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Ellen Mayer

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Real Teens Take Action: Ways to Speak Their Language (RealTeen.pdf)

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- The Physician's Role in Eating Disorders Prevention & Eating Disorders and the Physician Recommended Reading (PhysRole.pdf)
- What's Up Doc? (PhysWhat.pdf)
- Dental Complications of Eating Disorders: Information for Dental Practitioners (DentalED.pdf)

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Lori Irving, PhD

- Sample Presentation Evaluation (PDF & Word versions) (EvalPres.pdf & EvalOutcomesPresSurvey.doc)
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- * Note: formatting may skew in different versions of Word*

III. Supporting and Promoting NEDAwareness Week Activities

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- Sample Sponsorship Letter (PDF & Word versions)
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Mastering Media Mysteries (MdiaMsty.pdf)

- Tips for Responsible Media Coverage (MdiaTips.pdf)
- NEDAwareness Week Public Service Announcements – Radio Scripts (PSARadio.pdf)
- NEDA Public Service Announcement – Video (NEDAPSA.mpg)

IV. Resource Materials

** All of the materials in this section may be reproduced for educational purposes.*

Print Ads (printAds.pdf)

Tear-Away Tabs Template (PosterTear-awayTabTemplate.doc)

NEDAwareness Week Table Tents (TableTents.pdf)

Bookmarks (Bookmarks.pdf)

Information and Referral Helpline Contact Cards (I&RCards.pdf)

Video Resource List (VideoLst.pdf)

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** All of the materials in this section may be reproduced for educational purposes.*

Eating Disorders Basic Facts

- Orthorexia Nervosa (OrthorexiaNervosa.pdf)
- Eating Disorders and Body Image Despair: What's age got to do with it? (ED_BodyImaD.pdf)
- What is an Eating Disorder? Some Basic Facts (WhatIsED.pdf)
- What Causes Eating Disorders? (WhatCaus.pdf)
- Anorexia Nervosa (Anorexia.pdf)
- Bulimia Nervosa (Bulimia.pdf)
- Binge Eating Disorder (BingeED.pdf)
- Health Consequences of Eating Disorders (HlthCons.pdf)
- Eating Concerns and Oral Health (OralHlth.pdf)
- Pregnancy and Eating Disorders (Pregnant.pdf)
- Statistics: Eating Disorders and Their Precursors (Stats.pdf)
- Sharing with EEEase (ShEEEase.pdf)
- What's Going on With Me? (WhatGoOn.pdf)
- Negotiating the Holidays (Holiday.pdf)

Eating Disorders Prevention

- Eating Disorders Can Be Prevented! (EDsPrev.pdf)
- What Can You Do to Help Prevent Eating Disorders? (WhtCnUDo.pdf)
- 10 Things Parents Can Do to Help Prevent Eating Disorders (10Parent.pdf)

Eating Disorders Treatment

- Treatment of Eating Disorders (TxOfEDs.pdf)
- Seeking Treatment & Questions to Ask When Considering Treatment Options (SeekTxQs.pdf)
- Eating Disorders Survival Guide (EDSurGde.pdf)
- Securing Eating Disorders Treatment: Ammunition for Arguments with Third Parties (SecrTxAm.pdf)

Eating Disorders and Cultural Issues

- Eating Disorders in Women of Color: Explanations and Implications (WomenCol.pdf)
- Eating Disorders in Women of Color: References (CultureR.pdf)
- Research Results on Eating Disorders in Diverse Populations (RsrchPop.pdf)
- Incorporating Diversity in Your Prevention Efforts (IncorpDi.pdf)
- No peses tu Auto-Estima... Lo que en realidad vale es lo que existe dentro de ti *Eating Disorder General Info., "Don't Weigh Your Self-Esteem, It's What's Inside That Counts"* (SpshGnrl.pdf)
- La Imagen Del Cuerpo (Body Image) (SpshBody.pdf) (English version: BodyImag.pdf)
- Diez Pasos Hacia una Imagen Positiva (Ten Steps to Positive Body Image) (Spsh10St.pdf) (English version: TenSteps.pdf)
- ¿Qué Me Esta Sucediendo? (What is Going on With Me?) (SpshWhat.pdf) (English version: WhatGoOn.pdf)

Males and Eating Disorders

- Eating Disorders and Gay Men handout (EDGayMen.pdf)
- Males and Eating Disorders: Statistics and Research (MalesRes.pdf)
- Enhancing Male Body Image (MalesEnh.pdf)
- Strategies for Prevention and Early Intervention of Male Eating Disorders (MalesPre.pdf)
- Anorexia Nervosa in Males (MalesAN.pdf)
- Bulimia Nervosa in Males (MalesBN.pdf)
- Binge Eating Disorder in Males (MalesBED.pdf)

For Family Members and Friends

- How to Help a Friend with Eating and Body Image Issues (HelpFrnd.pdf)
- What Should I Say? Tips for Talking to a Friend Who May Be Struggling with an Eating Disorder (WhatISay.pdf)

For Educators and Coaches

- The Role of the Educator: Faculty and Student Guidelines for Meeting with and Referring Students Who May Have Eating Disorders (RoleEduc.pdf)
- The Role of the Educator: Some “Don'ts” for Educators and Other People Concerned About a Person With an Eating Disorder (RoleDont.pdf)
- Tips for Coaches (TipCoach.pdf)
- Athletes and Eating Disorders (Athletes.pdf)

Body Image, Dieting, Nutrition and Exercise

- Get Real (GetReal10.pdf)
- Listen To Your Body (ListenTB.pdf)
- Every Body is Different (EveryBdy.pdf)
- Tips for Kids (TipsKids.pdf)
- Body Image (BodyImag.pdf)
- Ten Steps to Positive Body Image (TenSteps.pdf)
- 20 Ways to Love Your Body! (20WaysTo.pdf)
- kNOw Dieting: Risks and Reasons to Stop (NODieting.pdf)
- Compulsive Exercise: Too Much of a Good Thing? (CmpvExc.pdf)
- Mindful Eating 101: 7 Mindful Eating Tips (7Mindful.pdf)
- Mindful Eating Contract (MndflCnt.pdf)
- Nutrition Facts (NtrtnFct.pdf)
- Dangers of Low Carbohydrate, High Protein Diets (LowCarbs.pdf)
- Laxatives and Eating Disorders (Laxative.pdf)

Media and Activism

- Guidelines for Sharing Stories of Recovery (GuidelinesSharingStories.pdf)
- The Media, Body Image and Eating Disorders (MediaBl.pdf)
- Tips for Becoming a Critical Viewer of the Media (MediaTip.pdf)
- No Weigh! A Declaration of Independence from a Weight-Obsessed World (NoWeigh.pdf)
- Facts for Activists (or Anyone!) (FactsAct.pdf)
- Resources for Activists (ResActiv.pdf)