

October 24, 2008

National Eating Disorders Association
603 Stewart Street
Suite 803
Seattle, WA 98101

UNH Health Services
Office of Health Education and Promotion
12 Ballard Street
Durham, NH 03824

Dear Kathleen,

I am writing on behalf of the National Eating Disorders Association (NEDA) to express our gratitude for the Mind/Body Dialogues that you produced at the University of New Hampshire. This play is an excellent way to alert the college population about the dangers of eating disorders and promote a positive body image. Thank you for dedicating your time and energy toward this noble cause. The pressures to be thin and maintain an unrealistic image is higher than ever before. By producing this play, you are setting an example for other universities and helping us in our mission to prevent eating disorders.

In a thin-obsessed culture, low self-esteem and body image problems cultivate eating disorders. In the United States alone, nearly ten million women and one million men suffer from eating disorders. At NEDA, we are trying to reduce the prevalence of eating disorders by increasing awareness and helping those who are suffering from eating disorders through access to treatment referrals and a wealth of information. This letter is being sent to you as part of NEDA's Media Watchdog program which brings attention to ads, commercials, and other media that promote body image issues or have products and slogans that could promote negative body images or eating disorders. Watchdogs also write letters of praise to media that instill positive messages about the body.

Thank you again for recognizing society's issue with negative body image and using your power to impart positive, healthy messages that encourage young individuals to be happy with their natural size.

Sincerely,

Jenni Janett
Media Watchdog
National Eating Disorders Association