Questions? Visit www.myNEDA.org for information, resources, and treatment options for eating disorders.
It’s time to talk about eating disorders as a public health priority, the signs and symptoms to be aware of, and how to get help. Start the conversation by sharing our online eating disorder screening, promoting resources in your community, and raising awareness.

WHY HOST AN EATING DISORDER SCREENING?

Eating disorders are a serious public health issue, affecting nearly 30 million people in the United States at some point in their lives. These disorders, including anorexia nervosa, binge eating disorder, and bulimia nervosa, have the highest mortality rate of any mental illness and can have serious, long-term impacts on a person’s emotional and physical health.

HOW TO GET STARTED

An eating disorders screening event is a great way to raise awareness and meet other people who are passionate about the cause. This guide includes everything you need to plan a fun and successful event.

Take a confidential screening at: myNEDA.org/screening

Early intervention saves lives, and our online screening only takes three minutes.

Questions? Visit www.myNEDA.org for information, resources, and treatment options for eating disorders.
HOST AN EATING DISORDER SCREENING

NEDA’s online screening tool at www.nationaleatingdisorders.org/screening makes it easy to host an eating disorders screening anywhere internet access is available. Follow these guidelines to ensure a safe, successful, and productive screening event. **NOTE:** The eating disorder screening is not diagnostic but rather a self-assessment of whether an individual is experiencing symptoms consistent with an eating disorder.

1. **CHOOSE A SITE**

   **SCOUT YOUR SITE**

   Pick a high-traffic area to reach as many people as possible. It should fit a table and one or more internet-connected computers. Try contacting local universities, libraries, community centers, homeowners’ associations, alumni clubs, or restaurants about donating space.

   **KEEP IT CONFIDENTIAL**

   If possible, put the screening computers in an adjacent, semi-private area. Set up barriers to ensure privacy for those taking the screening. Don’t ask anyone about their results. If they disclose the results to you, don’t share them with others.

2. **GATHER SUPPLIES**

   **BE RESOURCEFUL**

   Make sure you have resources handy for anyone who’s interested in learning more about eating disorders, next steps if they screen as ‘at risk,’ and ways to support a loved one.

   Consider having a professional who can answer clinical questions that may come up for people after taking the screening.

   Post NEDA Helpline information in a visible spot.

   You can also find printable brochures and handouts at www.nedawareness.org.

   Print out your favorite handouts and have them available for attendees.

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**NEDA HELPLINE**

Post this information in a high-visibility spot.

**CHAT:**

nationaleatingdisorders.org/helplinechat

*Monday—Thursday 9AM–9PM ET & Friday 9AM–5PM ET*

**PHONE:**

(800) 931-2237

*Monday—Thursday 11AM–9PM ET & Friday 11AM–5PM ET*

**CRISIS TEXT LINE:**

Text NEDA to 741741

*Monday – Thursday 3PM–6PM ET & Friday 1PM–5PM ET*

Crisis Text Line is available 24/7.

Questions? Visit www.myNEDA.org for information, resources, and treatment options for eating disorders.
3. PROMOTE THE EVENT

OUTREACH SUGGESTIONS

- Contact local media, such as radio and TV stations.
- Post on community calendar websites like Eventful and Patch.
- Use the sample posting below for social media and ask your friends to share.
- Near a campus? Share the event with relevant departments, student groups, health services, and the counseling center.

SAMPLE POSTING

28.8 million Americans of all demographics and body sizes will experience an eating disorder in their lifetime. Join us for a free, anonymous eating disorders screening on [date and time] at [location]. Please contact [your email] for more information. Together, we can raise awareness and send the message that recovery is possible!

QR CODE

Attendees can also complete the screening by using the QR Code below.

4. EVENT DAY

On the day of your screening event, you get to see all of your hard work come to fruition. Make sure you take some time to appreciate your efforts. Remember, by raising awareness about the seriousness of eating disorders and campaigning for change, you are making a real difference in others’ lives.

The following guidelines will ensure the event is safe, informative, and fun!

- **Take pictures!** Be sure to get permission before photographing anyone, and share your pics with NEDA on social media. Don’t forget to use #NEDAwareness!
- **Share responsibly.** Follow NEDA’s guidelines found at the link below to ensure you are educating others responsibly.
- **Take the edge off.** The screening might be stressful for some attendees since this can be a tough topic to discuss. Be supportive and direct attendees to NEDA’s resources.
- **Share with NEDA!** We love hearing about your events. Let us know how it went by emailing us at info@myneda.org. Be sure to send your pics and any tips you picked up!

GUIDELINES FOR SHARING STORIES

Questions? Visit www.myNEDA.org for information, resources, and treatment options for eating disorders.