

Free Resources at Your Fingertips

You'll find everything you need to get informed about eating disorders and body image issues - and how to take action on your campus.

- Guides for hosting campus awareness raising events
- Educational toolkits for educators, administrators, athletic trainers and parents
- Expert-led webinar trainings for resident and peer advisors
- Google Hangouts for students . . . and much more!

The Proud2Bme On Campus Network

We're building a national network of campus advocates. Sign up to receive more information about how **YOU** can get involved and stay connected.



JOIN THE MOVEMENT

Get more info at
Proud2Bme.org/uncampus

Follow Us on Social Media



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About the National Eating Disorders Association

The National Eating Disorders Association (NEDA) is the leading non-profit organization in the United States advocating on behalf of and supporting individuals and families affected by eating disorders. Reaching millions every year, NEDA is a catalyst for prevention, cures and access to quality care.

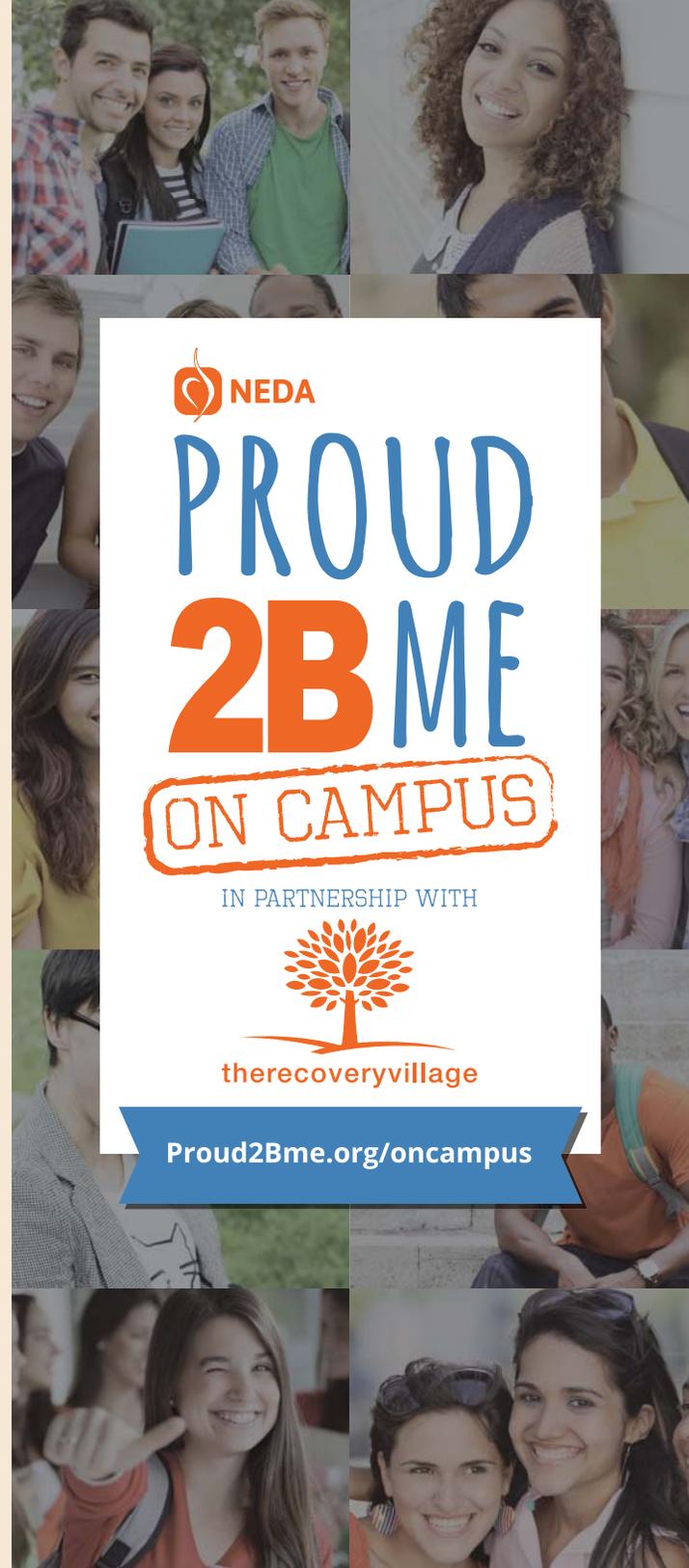
About Proud2Bme

Proud2Bme is a community created by and for young adults. A program of the National Eating Disorders Association, Proud2Bme promotes healthy self-esteem and body confidence. We give our members the tools to use their voices for personal and social change.

Contact Us Today
info@proud2bme.org
NEDA Helpline (800) 931-2237

About The Recovery Village

The Recovery Village is a full continuum of care facility treating eating disorders, substance abuse and mental health issues. Through evidence-based treatment modalities, mindfulness, meditation, yoga, and spirituality, we address the whole person and provide a unique environment of openness and healing.



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Eating disorders are a growing epidemic on college campuses. The National Eating Disorders Association surveyed 165 colleges and universities for its Collegiate Survey Project and found that greater resources are needed to educate, screen, refer and treat college students who struggle with eating disorders or disordered eating issues.

That's why we've launched Proud2Bme On Campus, a national initiative to bring students, faculty and campus services together in the fight against eating disorders. We know that with early detection, intervention and awareness, we can make a difference.

STATISTICS

The rate of eating disorders among college students has risen **10 to 20 percent** among women and **4 to 10 percent** among men. (citation TK)



More than **half** of teen girls and nearly a **third** of teen boys engage in unhealthy weight control behaviors such as skipping meals and using diet pills. (Neumark-Sztainer, 2005)

The typical age of eating disorder onset is

18-21.

Many of these young people are college students. (Hudson, 2007)

QUOTES

"I have found that my times of struggle in eating disorder recovery are times when I am undergoing a major change or times of stress. College is full of stressors."

--Annie Stewart, college student and Proud2Bme contributor

"Between all the academic pressures and social pressures, college campuses can be a breeding ground for eating disorders."

--Chelsea Kronengold, recent college graduate and Proud2Bme contributor

"Young people already feel so much pressure to fit a certain mold. I think that intensifies in college."

--Benjamin O'Keefe, Proud2Bme Ambassador

Online Eating Disorder Screenings

Eating disorder screenings can be a critical component of identifying those struggling or at risk. Proud2Bme On Campus offers a **FREE** online screening tool developed by professionals at the Screening for Mental Health. Students can take a quick, anonymous self-assessment survey. After completing the survey, follow-up referrals and support are available from the National Eating Disorders Association Helpline.

