

NEDA: CAMPUS WARRIORS



Guide to Raising Awareness and Building Community



National Eating Disorders Association

ABOUT NEDA CAMPUS WARRIORS

The Campus Warriors Program is an outreach initiative which engages schools across the United States to raise awareness about eating disorders and increase help-seeking through community activities.

WHO ARE CAMPUS WARRIORS?

Campus Warriors are students, faculty members, and student organizations who are committed to improving public knowledge about eating disorders and creating safe spaces on campuses for folks at different stages of their eating disorder healing journeys.

Individuals or a group of individuals on campuses can support our mission. While we recognize that having a group can make planning events and supporting campaigns easier, we understand that it may be difficult to gather a group of dedicated individuals to form an official club or organization on campus.

HOW IS THIS DONE?

Our Campus Warriors help support change in campus culture about eating disorders and mental health through addressing stigma, sharing critical information and resources, and advocating for change.

What events and activities can I host or participate in to help spread awareness?

- **Screening Events:** Though the risk for eating disorders among college students has increased, there is a lack of screening on college campuses. Screenings are often the first step in an individual's healing journey. Hosting a screening event using [NEDA's online screening tool](#) can help individuals in your school's community determine if they may be at risk and get connected with next step resources. Please refer to our Screening Guide [here](#).
- **Eating Disorder 101 Education Workshop:** Eating disorders need to be seen as a public health issue. There are many myths associated with eating disorders, thus, they are often overlooked and many still do not see them as mental health conditions. It's critical to inform the public about the realities of eating disorders to reduce stigma and increase early detection. NEDA's [Eating Disorder 101](#) presentation provides information and resources. To make these more engaging:
 - You can incorporate activities from our [Body Activism Guide](#).
 - You can incorporate activities such as: yoga, meditation, bingo, and board games.
- **Sharing Resources:** Increasing visibility can help reach more folks on campus. [Our flyers](#) provide basic information and connect to resources. You can find locations on campus to distribute/hang these as well as table at mental health fairs.
- **Advocating for Changes:** Campuses are known to promote diet culture in different ways. Have you noticed your cafeteria showing calorie counts? Your fitness center encouraging weight loss? Does your college's classrooms have size inclusive

seating? You can advocate for change by starting a petition and communicating with your college's student affairs/life departments by writing a letter about the dangers of diet culture.

- **Social Media:** Sharing information on social media platforms is another way to reach more folks in an easy, accessible way. Follow NEDA on social media:
<https://www.instagram.com/neda/>
<https://www.tiktok.com/@NEDA>
<https://www.facebook.com/NationalEatingDisordersAssociation/>
Make sure to reshare content from NEDA's social media and tag NEDA in your posts.
- **Storytelling:** Sharing your story, whether you've personally struggled with an eating disorder or supported a loved one, can be powerful and make others feel less alone. NEDA is committed to elevating these stories and invites our Campus Warriors to be involved through writing blogs and/or short form videos that can be shared on social media. You'll find our guidelines [here](#).
- **Walks:** NEDA walks help connect folks in our community and raise funds for NEDA's services. If there is a walk around you, we strongly encourage you to get involved to promote the event on campus and/or help fundraise by starting a team. You can find a list of our walks [here](#). If there isn't a walk around you, our team can provide guidance on how to do a DIY walk. Please reach out to us and we're happy to help with next steps.

REQUIREMENTS

As a NEDA Campus Warrior, we require that you participate in **at least two** of the above activities **per semester**.

NEDA leads and participates in awareness campaigns. Two of the main campaigns are Eating Disorders Awareness Week (The last week of February) and Body Accept Week (The third week of October). Eating Disorders Awareness Week largest and best-known eating disorders outreach effort in the country. EDAW is an opportunity to improve public understanding of eating disorders and their causes, dangers, and treatments and to empower everyone to reduce risk factors and join prevention efforts. Body Acceptance Week is an exciting initiative promoting body acceptance and empowerment. Body Acceptance Week provides resources, education, and support for those experiencing body dissatisfaction and its associated risk factors. We ask that our Campus Warriors help elevate our messages during these two weeks through social media and increasing visibility by sharing flyers/graphics on campus.

NEDA will hold monthly virtual meetings and allow for additional communication amongst the Campus Warriors community through GroupMe. We recognize that not everyone will be available for the virtual meetings, though we highly encourage attendance so you can talk with your fellow campus warriors and build community. However, we will record the meetings and share them with the Campus Warrior community to access at your convenience. These means of communication are meant to create a space for all of our members to ask questions, support each other, and share what's worked on campus based on your experiences. We believe this will help elevate everyone's efforts. If you have any

questions or need support with resources to help raise awareness at your school, please email campuswarriors@nationaleatingdisorders.org.

GETTING STARTED

STEP ONE: ASSESS WHAT'S AVAILABLE

No matter what your goals are, the first step in bringing education and awareness to your campus is to assess what materials, resources, and support are currently available to students. To help you in this process, we've included a checklist of resources and information that your school may provide. Every school is different so you may find additional resources that didn't make the list!

STEP TWO: DECIDE WHERE TO TAKE ACTION

Based on what you find when evaluating your campus, you can formulate a plan to take action! What you choose to take on will depend on your interests and availability. For example, a student who wants to provide educational materials to students could ask the counseling center to provide Flyers, plan an educational panel discussion as part of eating disorders awareness week with a fraternity, or both.

STEP THREE: FORMULATE YOUR PLAN

Once you've chosen an issue you'd like to take on, you'll need to decide how you want to approach the topic. Consider your availability, the kind of help you have readily available, and whether you will need any funds. For events, you'll want to make sure that the event date you set allows sufficient time for planning.

PRO TIP: UTILIZE THE CAMPUS EATING DISORDER RESOURCE CHECKLIST

Universities consider a number of factors when determining what kind of eating disorders education and support to provide on campus. Areas to consider include: campus size, budget allocation, student concern for a particular issue, campus policies, administrative decisions, and university insurance policies and risk assessments.

On the following page you will find a list of resources, materials, messaging, and policies on some campuses across the United States. What is appropriate and feasible for each campus will differ. Complete this survey to assess what resources your school currently has, and as a starting point to formulate goals for your school.

CAMPUS EATING DISORDER RESOURCE CHECKLIST

image

Does your school have eating disorders (ED) information on any of the following sites?

- Counseling center website
- Student health center website
- Wellness/health promotion website
- LGBTQ+ center website
- Disability services website
- Other:

Does your school provide informational materials in any of the following locations on campus?

- Counseling center
- Student health center
- Wellness/health promotion office
- LGBTQ+ center
- Office of disability services
- Recreation center/gym
- Student center/union
- Library
- Academic departments
- Other:

Does your school provide any of these support services?

- Counselor trained to treat EDs
- Nutrition services for students with EDs
- Primary care support for EDs
- Referrals to off-campus ED specialists
- Support groups for EDs/body

- Student health insurance with ED treatment coverage

Does your school have any of the following messages, campaigns, or policies?

- Calorie counts in campus dining halls
- Messaging about taking the stairs to burn calories
- Healthy eating campaigns that categorize foods as good versus bad
- Fitness center messages about weight loss/burning off food
- Harsher leave of absence policies for EDs/mental health as compared to general medical leave.

Do you frequently hear/see students, faculty, or staff doing any of the following on campus?

- Expressing guilt over what they eat
- Exercising to counteract calories consumed
- Skipping meals/planning food in order to avoid gaining weight from alcohol
- Discussing other students' weight/body size in negative contexts
- Discussing their own weight/body size in negative contexts
- Reinforcing myths or incorrect information about EDs

DISPLAYING NEDA's RESOURCES

NEDA flyers are packed with information about eating disorders, resources for help and support, and guidance on how to help someone struggling. Campus counseling and student health centers are great places to display flyers, but feel free to consider other locations like a student center or residential life office.

Flyers and resource cards are available to download free of charge at:

<https://www.nationaleatingdisorders.org/shareable-resources/>

PRINTING RESOURCE CARDS

You can either utilize NEDA's Resource Card design or create your own. If you choose to create your own, you can include contact information for any relevant services your campus provides (such as the counseling center or body image support group). However, if you choose to design your own, please be mindful not to include any of NEDA's logos or branding, as those are property of NEDA. For best results, print the cards in color and on a heavier weight paper like cardstock.

TIPS FOR DISPLAYING FLYERS AND RESOURCE CARDS

- Check to see whether the location you are considering already has materials about eating disorders.
- Identify who makes decisions about displaying materials in your chosen location (Is it the counseling center in general? Is there a particular staff member?). You can check online or you can contact the office directly.
- Email or call the decision maker and inquire about having NEDA flyers or other eating disorders materials available. For flyers, make sure to include information about the content of the flyers, background information about NEDA, and how to print copies.

WHERE SHOULD I DISPLAY OR DISTRIBUTE FLYERS AND RESOURCE CARDS?

- Campus counseling and/or student health center.
- Residential life – by talking to RAs about having materials available or posted on their floors, asking if you can hand out materials to your floormates/roommates.
- Student services offices, such as an office of disability services, LGBTQ services, or international student services.
- Campus fitness or recreation center.
- Academic department offices, such as psychology or nutrition.
- Clubs or groups you're a member of.
- Health fair or screening event.

IMPACT

Communicating the activities and events you've hosted and/or participated in on Campus to NEDA staff is critical in tracking your efforts. NEDA staff will connect monthly with a reminder to fill out [this form](#).

FREQUENTLY ASKED QUESTIONS

HOW DO I FIND PEOPLE TO HELP ME RAISE AWARENESS?

The first place to recruit people to help you is within your network. Talk about your interest/ideas with friends and members of any clubs, sports teams, or academic programs you're a part of. You can also reach out to students and faculty in departments such as nutrition, counseling, psychology, social work, nursing, women's studies, or public health. You can also set up a table in a student center or heavily trafficked area and ask people if they're interested in helping out.

CAN YOU HELP ME CREATE A SUPPORT GROUP/SPACE TO SUPPORT STUDENTS WHO ARE STRUGGLING?

No. This guide, and materials to support student initiatives, are centered on awareness, education, and advocacy. We cannot provide health services of any kind. We suggest that students contact their campus counseling center, or use NEDA's support group database: <https://www.nationaleatingdisorders.org/eating-disorders-support-groups/> to identify community-based support or ideas on how to start your own group.

CAN I PLAN AN EVENT NOT LISTED IN THIS GUIDE OR IN THE "HOW TO" GUIDES?

Definitely. You know your campus and community best. If you have an idea, we encourage you to put it into action. Make sure that you adhere to the general guidelines for a safe event: <https://www.nationaleatingdisorders.org/sharing-your-story-responsibly/>. You can always share your ideas with us by emailing campuswarriors@nationaleatingdisorders.org.

CAN NEDA FINANCIALLY SUPPORT MY EVENT OR PROGRAM?

No. NEDA is not able to provide funding to any individuals or groups for programs or events. Check with your campus about funding for student groups/programs. Sponsorships from school departments or community businesses and fundraising are ways you can help offset any costs.