

# The Tiger In the Jungle: Identifying Eating Disorders

## vol. 10 Eating Disorders (ED) Awareness Week

January, 2010



Southwest Michigan Eating Disorders Association  
(formerly the Kalamazoo Eating Disorders Professional Coalition)  
<http://www.kalamazooeatingdisorders.org/>

### It's Time to Talk About It... NEDAwareness Week 2010: February 21-27

#### Special points of interest:

- \* Upcoming Activities
- \* Additional Sources: web-sites, books, videos...
- \* Where to Seek Help

#### Sources for information and help:

- \* Dove's Real Beauty Campaign: <http://www.campaignforrealbeauty.com/>
- \* Jezebel's exhibit of Photoshopped images of celebrities: <http://jezebel.com/5426296/photoshop-of-horrors-hall-of-shame-2000-2009/gallery/> (Keep in mind that this site is designed for an adult audience rather than students and is being offered here as an additional source for ideas rather than content sharing.)
- \* Dr. Reddy's page on eating disorders <http://www.drreddy.com/eatingdisorders/>
- \* National Eating Disorders Association: [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)
- \* Something Fishy Website on Eating Disorders: [www.somethingfishy.org](http://www.somethingfishy.org)
- \* National Institute of Mental Health's website on Eating Disorders: <http://www.nimh.nih.gov/health/publications/eating-disorders/complete-index.shtml#pub7>

#### ED Awareness Translates Into Action and Educational Opportunities

##### February Art Hop:

In partnership with the Arts Council of Greater Kalamazoo, SMEDA is hosting an art exhibit, "Living With An Eating Disorder" at the February 5th Art Hop. There will be visual art, as well as poetry and literature promoting awareness of eating disorders.

At WMU: "Love Your Shape" event (tentatively scheduled on 3/11/10 and open to the public):

Health professionals from SHC and the UCTC and WMU dietetic Students will be at two informational tables (Bernhard Center and the Student Recreation Center). They will have buttons and balloons of various shapes. Participants can exchange a piece of clothing

that does not make them love their shape in exchange for a "Love your shape" T-shirt. The Dove.com commercials will be shown and information will be available as well.

##### More events to come:

Keep an eye on our website for more information on ED Awareness activities.

NEDA offers suggestions on how schools can create their own ED Awareness Week Events. Yet, even bringing awareness to the way the media images of actors and models are altered, or promoting critical literacy in viewing media images of "beauty" and "health", can help students fight back.



**Through early detection and quick response time, it is possible to minimize the negative impact of an eating disorder.**

#### On the Up Side:

While other factors come into play, a strong positive self-image and a positive and supportive school environment can help students prone to eating disorders stay healthy. Creating an atmosphere that promotes positive self

images and a supportive school community can give a student the tools needed to avoid developing an eating disorder.



Note: avoiding the negatives, such as calorie counting and fat measurements, while educating students on nutritional needs helps students stay focused on positive self-image.