

# Southwest Michigan Eating Disorders Association

[www.kalamazooeatingdisorders.org](http://www.kalamazooeatingdisorders.org)

## The Tiger in the Jungle: Identifying Eating Disorders

Volume 17

January 2011

### ED Awareness Week: "It's Time To Talk About It"

#### Sources of Information and Help

- ["Out of Control: A True Story of Binge Eating"](#) by Jane E. Brody; NYT February 20, 2007
- *Full Mouse, Empty Mouse* by Dina Zeckhausen, Ph.D. ISBN: 1-4338-0132-9
- *Skinny Boy: A Young Man's Battle and Triumph Over Anorexia*, by Gary A. Grahl ISBN-13: 978-0-9761547-4-7
- *Eating Disorders* by Jim Kirpatrick, MD and Paul Caldwell, MD CCFP© ISBN: 1-55297-976-8
- 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/>

Partners for Eating Disorders Awareness events include: Remuda Ranch, WMU's Marketing Dept., Dept. of Soc. Work, and Dept. of Occupational Therapy, Department of Health Promotion and Education at Sincuse health Center, and Kalamazoo College's Peer Health Educators and Student Health Services.

The week of February 20-26, 2011 is National Eating Disorders Awareness Week. The theme for this year's events is, "It's Time to Talk About It." If your school is interested in hosting an awareness campaign for that week, you will find lots of suggestions from the National Eating Disorders Association (NEDA) website. You may also contact SMEDA for further assistance.

Eating disorders are not a choice. They are diseases that require a genetic predisposition and certain environmental triggers to become established.

Eating disorders produce the highest levels of family stress and dysfunction of any mental illness (including schizophrenia). Anorexia patients have the highest mortality rate of any psychiatric illness, with 10-15% of patients ultimately dying from their disease. While there are effective treatments for patients once an eating disorder develops, they often require significant out of pocket expense for families and take up to two years for recovery in the best of cases. Our best hope in battling these diseases is prevention.

Please encourage your students, faculty and staff to attend one of the three community outreach events planned for February, 2011. You may reproduce the attached flyers.

#### Eating Disorder Awareness Week Events:

**"Food Prisons,"** A one act musical play written by Christine Iadrososa, Ph.D., Coordinator of Theatre for Community Health, Health Promotion and Education

This one act play depicts the many faces of eating disorders and disordered eating and will truly set the stage for a panel discussion to follow. The discussion panel will include physicians, dietitians and therapists with experience in the treatment of eating disorders

Feb 3, 2011 at 7pm—  
Dalton Recital Hall, WMU.

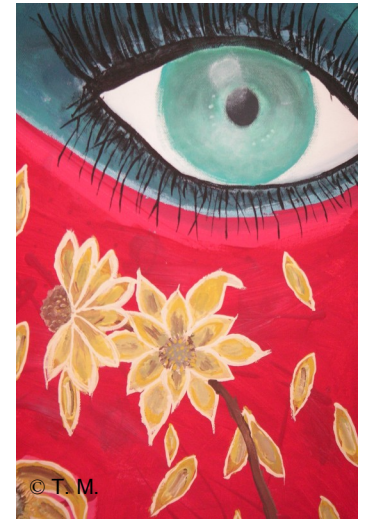


**"America the Beautiful,"** (PG-13) A documentary from director Darryl Roberts, this film explores the fashion industry, our current cultural standards of beauty, and how this effects our youth.

After each film screening, a panel discussion facilitated by local eating disorder treatment professionals will follow.

Feb. 17th, 2011 at 7pm—  
The Little Theatre, WMU  
(college students and adults)

Feb. 26th, 2011 at 1pm—  
The Recital Hall, The Fine Arts Bldg, Kalamazoo College. (for families and younger students)



#### **"Full Mouse, Empty Mouse: A Tale of Food and Feelings"**

As an extension of Eating Disorders Awareness Week, SMEDA members will be available to read the story "*Full Mouse Empty Mouse: A Tale of Food and Feelings*" by Dina Zeckhausen to third grade classrooms in the month of March, 2011.

This book discusses how mice siblings incorrectly use food to cope with stress in their lives. It provides a basis for further discussion by one of our professionals that may include pubertal changes, healthy ways to cope with stress and the importance of communication within the family. If you would like to schedule a reading, please contact