

FEBRUARY 21 - FEBRUARY 27, 2022

**NATIONAL
EATING
DISORDERS
AWARENESS
WEEK**

WHAT IS IT?

It is an annual campaign to educate the public about the realities of eating disorders and to provide hope, support, and visibility to individuals and families affected by eating disorders.

#SEETHECHANGE

See the change as we celebrate progress and look ahead to new opportunities for growth within the eating disorders field, ourselves, and our communities. The NEDA Helpline has experienced a 107% increase in contacts since the start of the COVID-19 pandemic. Additionally, Nearly 755,000 people have used NEDA's online screening tool since 2017.

#BETHECHANGE

Let's #BeTheChange together through legislative advocacy, building lightings, local events, and more. Whether you have been personally affected by an eating disorder or care about someone who has, you have the power to help us pave the way for a world without eating disorders.

Eating Disorders

Myths, Facts,

Stigma

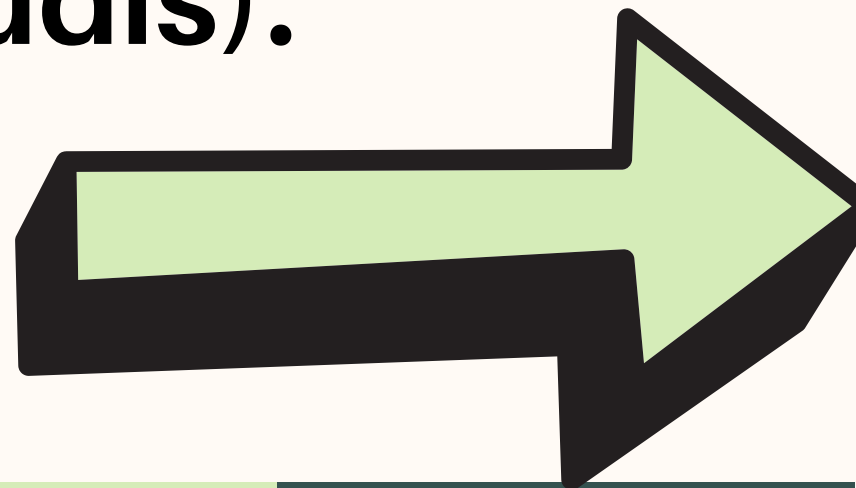
The Stigma: The Wall

"An eating disorder is difficult enough to battle on its own, and the stigma associated with them makes the journey to becoming a warrior that much harder. The stigma that accompanies eating disorders strips an individual of their quality of life and causes them to have low self-esteem resulting in more isolation. You can think of a stigma as a wall between the individual and the help that they need" (Kroudis).

Myth vs Fact

"Eating disorders go beyond just sexuality, age, and gender and affect people of all races, ethnicities and social status" (Kroudis).

swipe for answer



FACT

EATING DISORDERS DON'T HAVE ONE LOOK

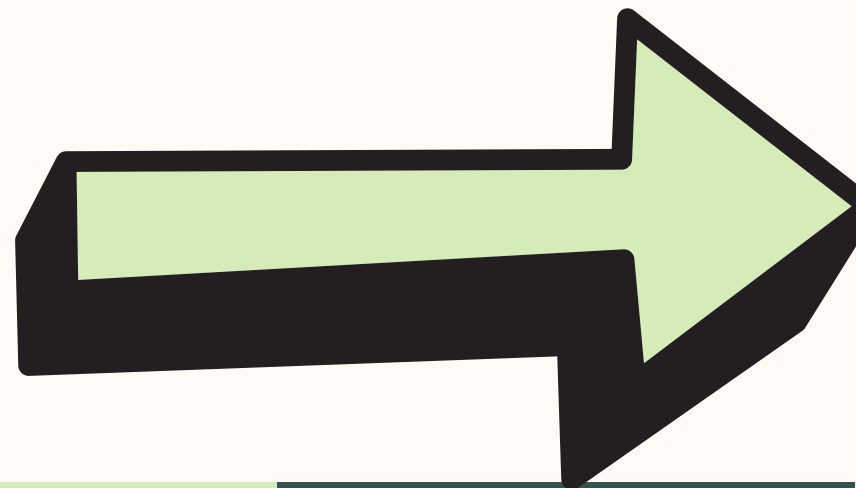
a common misconception is that most girls, especially homosexual and bisexual women, have eating disorders HOWEVER "15% of gay or bisexual men have had an eating disorder at some point in their life."

eating disorders don't have one look comments like "oh you're too fat to have an eating disorder" are utterly ungrounded and highlight the stigma -- eating disorders don't have one look. there are many types of disorders such as bulimia, binge eating, and anorexia. you are the one who is uneducated if you are making these comments.

Myth vs Fact

You chose to have an eating disorder... Just get over it! You're too smart!

swipe for answer



MYTH

**EATING
DISORDERS
CONTROL THE
PERSON**

**EATING DISORDERS ARE
NOT LIFESTYLE
CHOICES, THEY ARE
MENTAL HEALTH
DISORDERS**

"Eating disorder are not a 'lifestyle choice,' they are mental health disorders with socio-biological influences. Many people often say that they could never have an eating disorder because they are not that 'self controlled.' An eating disorder is anything but control, it CONTROLS the person. People struggling often times fear disclosing the fact that they have an eating disorder, especially those with anorexia, because society praises thinnes" (Kroudis).

The Stigma:

"Weight stigma poses a significant threat to psychological and physical health. It has been documented as a significant risk factor for depression, low self-esteem, and body dissatisfaction. There is still a commonly held view that an eating disorder is a lifestyle choice and that recovery means dropping some negative behavior" (Kroudis).

"Research indicates that current access to treatment for eating disorders is alarmingly low, with only 22% sufferers receiving specialist treatment for their eating disorder" (Kroudis).

HOW CAN YOU STOP THE STIGMA?

- SPREAD AWARENESS TO END THE STIGMA
- BY BECOMING MORE KNOWLEDGEABLE AND SPREADING AWARENESS, SLOWLY, IT WILL ENCOURAGE MORE PEOPLE TO BECOME CONFIDENT IN SEEKING HELP
- RIP DOWN SOCIETY PRESSURES AND EXPECTATIONS ON IDEAL BODY SHAPE
- EDUCATE YOURSELF AND OTHERS THAT EATING DISORDERS "DOES NOT HAVE A FIXED GENDER, ETHNICITY, OR SEXUALITY" (Kroudís)