

Social Media Campaign Links

Linktree that contains links to all of our social media platforms and additional resources:

https://linktr.ee/edawarenesshosa?fbclid=PAAabGMwCG6sN-ghz0NoH3V2sC98z_dKdtUBsDIqmG8heD1_Z6MvJ9A09hntAc

Instagram Account:

https://instagram.com/mhs_mentalhealthpromo?igshid=YmMyMTA2M2Y=

TikTok Account:

https://www.tiktok.com/@mhs_mentalhealthpromo? t=8aghfsjyyti& r=1

Twitter Account:

https://twitter.com/mhs_edawareness?s=21&t=QDHkg2XgnCBGGV7eoWBExA

Telegram Channel (click “Preview channel”):

https://t.me/s/mhs_mentalhealthpromo

Infographic

EATING DISORDERS

What is An Eating Disorder?

- Eating disorders are serious conditions related to persistent eating behaviors that negatively impact your health, your emotions and your ability to function in important areas of life.

Types of Eating Disorders

Most common eating disorders:

- anorexia nervosa
- bulimia nervosa
- binge-eating disorder

Common Symptoms of Eating Disorders

Most eating disorders involve focusing too much on your weight, body shape and food, leading to dangerous eating behaviors. These behaviors can significantly impact your body's ability to get appropriate nutrition.

Diagnosing an Eating Disorder

Doctors use physical and psychological evaluations to diagnose eating disorders. They'll also make sure you meet the diagnostic criteria for an eating disorder. These criteria are outlined in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5)

Eating Disorders

Teenage girls and young women are more likely than teenage boys and young men to have anorexia or bulimia, but males can have eating disorders, too. Although eating disorders can occur across a broad age range, they often develop in the teens and early 20s.

...and its effect on highschool students

How does this issue impact high school students?
--> Peer pressure and bullying

If a child is feeling social pressure—or is even being bullied—at school because of the way their body looks, they could be at a greater risk of feeling triggered and developing an eating disorder.

--> Sports and athletic activities
Additionally, athletes need to adjust their diet to help them perform their best. If students are not educated about proper nutrition, they may accidentally lose weight and develop nutritional deficiencies even while eating a normal diet.

National Eating Disorders Association (NEDA) Resources

They can offer support, answer questions, and provide guidance in locating treatment options. The helpline can be accessed in several ways:

- You can call (800) 931-2237 to speak to a volunteer.
- Click to chat for instant messaging option. Live, trained volunteer will respond.
- Crisis situations – text “NEDA” to 741741. A trained volunteer will provide immediate support.

<https://www.tpoftampa.com/national-eating-disorders-association-neda/>

Comic Strip Scenario



Reference Page

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Eating disorder facts. Johns Hopkins All Children's Hospital. (n.d.). Retrieved January 21, 2023, from <https://www.hopkinsallchildrens.org/Services/Pediatric-and-Adolescent-Medicine/Adolescent-and-Young-Adult-Specialty-Clinic/Eating-Disorders/Eating-Disorder-Facts>

Warning signs and symptoms. National Eating Disorders Association. (2021, July 14). Retrieved January 21, 2023, from <https://www.nationaleatingdisorders.org/warning-signs-and-symptoms>

Eating disorder statistics: General & Diversity stats: Anad. National Association of Anorexia Nervosa and Associated Disorders. (2022, June 8). Retrieved January 21, 2023, from <https://anad.org/eating-disorders-statistics/>

Eating disorders -. -. (2021, June 27). Retrieved January 21, 2023, from <https://youtalkwa.org/eating-disorders/>

When does eating become a problem?: SBM. Society of Behavioral Medicine. (n.d.). Retrieved January 21, 2023, from https://www.sbm.org/healthy-living/when-does-eating-become-a-problem?gclid=Cj0KCQiAlKmeBhCkARIsAHy7WVuX5oU3LR6g9zUFGuprv4A2WVpl1sFW_8asaIDCy95d845AZdBi_X8aAhAIEALw_wcB