

Winter
2009

Hot Topics

In This Issue

Eating Disorder
Awareness

Calendar of Events

4me@UMD

Credits

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February 22-28, 2009 is
**National Eating Disorders
Awareness Week.** For events
on the UMD Campus, see the
reverse of this sheet, and the UMD
Health Services Website,
www.d.umn.edu/hlthserv/

“In the United States, as many as 10
million females and 1 million males
are fighting a life and death battle with an
eating disorder such as anorexia or
bulimia. **Millions more** are struggling
with binge eating disorder.”

“**Four out of ten** Americans either
suffered or have known someone who has
suffered from an eating disorder.”

<http://www.nationaleatingdisorders.org>

Tips for helping a friend that may have an eating disorder:

Set a time to talk. Select a place that is private, respectful and comfortable for your friend so you can talk OPENLY AND HONESTLY in a caring and supportive way.

Communicate your concerns. Talk to your friend about their health and happiness. Emphasize their positive attributes. Share your concerns about your friend's behaviors using specific examples. Use “I” statements instead of “you” statements.

Ask your friend to explore these concerns with a counselor, doctor, nutritionist or other health professional who has experience with eating disorders. If you feel comfortable, you may want to offer to go to the first visit with them. Research some local resources so that you may provide some specific referrals and help make the appointment.

Express your continued support. Your friend may or may not be ready to seek help, but let them know you are available to listen when they may need to talk.

Reach out to someone who can help your friend. You may want to consider talking to another person in your friend's life who they are close to, such as your friend's parent or sibling, their significant other, or their doctor.

Talk with a counselor about how to help a friend that may have an eating disorder:

UMD Health Services has free, caring and confidential counseling services, 726-8155.

Dietician Services are available at UMD Health Services on Fridays, by appointment. 726-8155.



What you may not know about eating disorders:

They affect men and women of all ages

A sufferer of eating disorders does not need to appear underweight, or even of "average" weight to be in danger.

Eating disorders can lead to serious long-term health problems, including damage to the liver, kidneys, brain, heart, digestive system, reproductive system and bones.

Eating disorders generally occur because of underlying emotional issues

Behaviors that people with eating disorders may engage in:

Classify foods as "good" or "bad"

Skip meals frequently or cut back on amount of food at meals; may also eat abnormally large amounts of food at a meal

Exercise excessively to burn calories

Vomit or use laxatives after eating

Pre-occupation with food, body fat and calories, and/or has an extreme fear of gaining weight

Have a distorted perception of their body and personality

Eating Disorders Awareness Week at UMD: Feb 23-27 Tentative Schedule of Events

<p>FEB 23 10 am -2 pm Informational tabling in Kirby; Documentary viewing</p>	<p>FEB 24 10 am -2 pm Informational tabling in Kirby; Documentary viewing</p>	<p>FEB 25 1-2 pm, Kirby 323 Workshop: "How to help a friend with an eating disorder"</p> <p>7-8:30 pm, Med 142 Presentation and panel discussion about eating disorders</p> <p>12-1pm Kirby 323 Workshop for Faculty/staff: "Would you recognize the signs of a student with an eating disorder?"</p>	<p>FEB 26 10 am - 2 pm Informational tabling in Kirby; Documentary viewing</p>	<p>FEB 27 11-12, Kirby 311 "What about Diets?" Learn some of the downfalls of fad diets, and take home some tips for healthy eating habits. This workshop will include food samples and taste tests!</p>
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More to do >>

Hot Topics Seminar Series, Tuesdays 12-1:

-March 10th *Sleep/Insomnia* Kirby 311

-April 1st *Special event Anxiety Screening, 1-4pm Kirby Ballroom B*

-April 14th *Test Anxiety* Kirby 311

Workshop Series for improving attention, focus and organizational skills:

Mondays, February 16 and 23, and March 2 and 9
3-4 pm Library Rotunda, 4th Floor reading Room

Stress management workshop series:

Wednesdays, April 8, 15, 22, and 29

3-4pm, Library Rotunda, 4th floor reading room

Each session will introduce a different technique for stress reduction

New to Health Services: [4me @ UMD](#): free family planning services! See our website for details.