

DCIU Interconnected MTSS Framework February 2024 Awareness Campaign

Mental Health Literacy: Eating Disorders

Social Media Resources

Below are sample social media posts around February's first awareness campaign of Mental Health Literacy, with a focus on eating disorders. Eating disorders are real and complex medical and mental health conditions that can have serious consequences for health, productivity, and relationships. People struggling with an eating disorder often become obsessed with food, body image, and/or weight. These disorders can be life-threatening if not recognized and treated appropriately. The earlier a person receives treatment, the greater the likelihood of full recovery.

This campaign includes a PSA in addition to social media posts about eating disorders and resources to help address the issue. The YouTube link for the PSA is included below. DCIU will be posting this information across its social media platforms and is pleased to share this material with districts so that they may do the same.

Post #1: PSA




Every day, millions of young people struggle with their self-image and eating habits. But what happens when these struggles turn into an eating disorder?

<https://youtu.be/blgSu-qj3nU>.

#DelcoInterconnectedMTSSFramework #MentalHeathMatters #EatingDisorderAwareness

Post #2:



Starting the conversation: Eating Disorders

Eating disorders are a serious issue that affects millions of Americans. Let's start the conversation and raise awareness. Let's work together to break the stigma and help those who are struggling.

Eating disorders are not just about food, but complex conditions intertwined with mental health, self-perception, and society's standards. Anyone can be affected, regardless of age, gender, or background. Be aware of the signs: drastic weight changes, obsessive calorie counting, and avoidance of social eating. Support is key. Listen without judgment, encourage professional help, and educate yourself.

#DelcoInterconnectedMTSSFramework #MentalHeathMatters #EatingDisorderAwareness #StayStrong

Post #3



Let's Talk About Eating Disorders.

Eating disorders, including anorexia nervosa, bulimia nervosa, and binge-eating disorder, involve extreme emotions, attitudes, and behaviors surrounding weight and food issues. These disorders can have serious physical and psychological consequences. Let's raise awareness and encourage conversations about it.

Coping with an eating disorder can be a challenging journey, but remember, you're not alone. Eating disorders are challenging, but with the right knowledge and support, recovery is possible. Encouraging healthy attitudes towards food and body image is a crucial step in both prevention and support.

#DelcoInterconnectedMTSSFramework #MentalHeathMatters #EatingDisorderAwareness #StayStrong

Newsletter Blurbs

DCIU is also pleased to provide these newsletter blurbs around the theme of mental health with an emphasis on the connection between physical activity and mental health, to be used in communications to your communities, whether through email, newsletters, blogs, or other channels.

For Families and Community:

Understanding and Addressing Eating Disorders

Eating disorders are serious health conditions that can affect anyone, but they are particularly common among young people. Understanding these disorders is crucial for early detection and support.

Eating disorders are complex mental health conditions that often involve an unhealthy relationship with food and body image. The most common types include anorexia nervosa, bulimia nervosa, and binge-eating disorder. They are not just about food but often involve psychological, physical, and social factors. Eating disorders can have severe physical and mental health consequences, ranging from malnutrition and digestive problems to anxiety, depression, and social isolation.

Key indicators can include drastic weight changes, obsession with calories, excessive exercise, withdrawal from social activities, and changes in mood. It's important to remember that these disorders can affect people of any size or shape.

If you or someone you know is struggling, it's important to seek professional help. This can include therapists, nutritionists, and support groups. Family support is also crucial.

It's important for families to understand the complexities of eating disorders, encourage open, non-judgmental conversations about health and body image, balanced eating habits, and a positive body image, as well as be supportive. Finally, don't hesitate to consult healthcare professionals for advice and treatment.

#DelcoInterconnectedMTSSFramework #MentalHeathMatters #EatingDisorderAwareness #StayStrong

For Educators:

Understanding and Addressing Eating Disorders

As educators, we play a vital role in the well-being of our students. One of the challenges we may encounter is identifying and supporting students who are struggling with eating disorders. Eating disorders are serious and often fatal illnesses that are characterized by severe disturbances in people's eating behaviors and related thoughts and emotions.

Eating disorders, including anorexia nervosa, bulimia nervosa, and binge-eating disorder, involve extreme emotions, attitudes, and behaviors surrounding weight and food issues. These disorders can have serious physical and psychological consequences.

Warning signs include extreme weight loss or gain; preoccupation with weight, food, calories, fat grams, and dieting; frequent comments about feeling "fat" or overweight despite weight loss; avoidance of eating in front of others; and wearing baggy or layered clothing.



Eating disorders are complex conditions that arise from a combination of long-standing behavioral, biological, emotional, psychological, interpersonal, and social factors. As educators, while we are not expected to diagnose or treat these disorders, we can be crucial in the early recognition and in offering support and resources to students and their families.

#DelcoInterconnectedMTSSFramework #MentalHeathMatters #EatingDisorderAwareness #StayStrong

Resources

<https://www.mhanational.org/conditions/eating-disorders>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2792687/>

[National Eating Disorders Association- NEDA](#)