



Important Provider Notice



February 2022

February 21st-27th is National Eating Disorders Awareness Week!

National Eating Disorders Awareness week (NEDAwareness) is 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. In the United States around 30 million Americans suffer from an eating disorder.

Eating disorders (EDs) are complicated and often misunderstood illnesses that impact people of all ages, genders, and backgrounds

Signs A Loved One Is Fighting an Eating Disorder

- Alteration in weight or excessive weight loss
- Obsession with body image and consistent negative self-talk
- Disruptions in eating patterns or avoidance of food
- Obsession with nutritional content or food labels
- Changes in exercise patterns or increased exercise
- Mood fluctuations and increased irritability or depression
- Misuse of laxative, diuretics, or diet pills

For more information and to learn how to best work with patients who may struggle with an eating disorder, please visit the National Institute of Mental Health at https://www.nimh.nih.gov/health/topics/eating-disorders#part_2272.

If you know someone who has an eating disorder please contact the NEDA helpline at 1-800-931-2237

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