

RESOLUTION
Eating Disorders Education and Awareness

WHEREAS, the Nebraska State Board of Education (the "Board") is firmly committed to a quality education and improving the health and well-being of all Nebraska students; and

WHEREAS, eating disorders such as anorexia nervosa, bulimia nervosa, and binge eating disorders include attitudes and behaviors surrounding weight and food issues, extreme emotions, and can have life-threatening consequences for both females and males; and

WHEREAS, ten million women and one million men across the country, primarily teens and young adults, are battling illnesses such as anorexia nervosa and bulimia nervosa, and millions more are suffering from binge eating disorders; and

WHEREAS, among Nebraska high school students trying to lose weight, more than one in four have used a high risk weight loss method (fasting, supplements without a doctors' advice, or vomiting/laxative use) to try and lose weight; and

WHEREAS, eating disorders are more commonly diagnosed in females and males and more often during adolescence and early childhood with some children as young as 7-8 years old; and

WHEREAS, anorexia nervosa, bulimia nervosa, and compulsive overeating are problems which are misunderstood, stigmatized and undertreated; feelings of shame, guilt, and misunderstanding often afflict a person who suffers from an eating disorder and prevent the treatment of the disorder; and

WHEREAS, eating disorders can profoundly affect a child's ability to learn by affecting a child's cognitive functioning due to poor nutrition; and

WHEREAS, a child's cognitive function will also be affected by the mental disorders that often coexist with an eating disorder, including anxiety, depression, and obsessive-compulsive disorder; and

WHEREAS, eating disorders are treatable when diagnosed and positive action is taken: Now, therefore, be it

Resolved, That the Nebraska State Board of Education encourages:

- 1) Increasing public awareness of eating disorders and the prevention of those disorders;
- 2) Promoting healthful eating and exercise habits and a healthy body image;
- 3) Providing awareness to all Nebraska educators on professional development available through the National Education Eating Disorders Association Educator Toolkit www.nationaleatingdisorders.org/information-resources/educator-toolkit.php at no cost to the school districts; and
- 4) Recognizing the last week of February each year as National Eating Disorders Awareness Week in Nebraska public schools.

Resolved further, that pursuant to Board policy requiring the establishment of a sunset date for Board resolutions, this resolution shall be of no further force or effect on and after the fourth annual anniversary date after its adoption.

1-7-11
Date


President, State Board of Education