

Nova Luna Center

Eating Disorder Programs

Phone: (808) 870-9886 Fax: (808) 878-3315

Eating Disorder Prevention in the Schools

- **Survey** - Determine how many students have body image problems or are engaging in dieting or other eating disorder behaviors.
- **Library Books** - Provide books in school library on eating disorders, healthy nutrition, dieting, and exercise practices. Let the student body know they are there.
- **Health Class** - Health classes need to give more attention to these areas starting in 6th - 7th grade: nutrition, dieting, exercise, eating disorders.
- **Guest Speakers for Students** - Bring in guest speakers on eating disorders, body image and healthy eating for classroom or assembly presentations.
- **Contact & Communicate** - If you suspect someone in your school has an eating disorder, make contact with him/her and discuss your concern for the person. Focus on feelings, not weight. If the problem is serious contact the parents. Eating disorders can be fatal and parents should be notified.
- **Support Groups** - Set up a support group on campus for dealing with the following issues: self-esteem, body image, nutrition and dieting.
- **Literature** - Have pamphlets, magazines, and posters around campus fostering good habits and alerting students to the danger of eating disorders.
- **Referral** - Be familiar with referral sources in case you need to make a referral. Have referral sources available to students to casually pick up in the library, nurses' office or counselor's office. Students often don't want to admit to having a problem but will pick up literature to read anonymously. This may encourage them to seek help.
- **Medical Check-Up** - If you suspect someone has a problem you might suggest to him/her or the parents to have a medical exam. **Be sure to warn them that lab values are almost always normal except in extreme cases and not an indication of a clean bill of health. There may be damage not yet visible on lab tests.**
- **Guest Speakers for Staff & Parents** - Sponsor guest speakers on eating disorders to educate the staff and parents on the subject of body image and dieting.