

# EATING DISORDERS



# SCREENING GUIDE



National Eating Disorders Association

**It's time to talk about eating disorders as a public health priority, the signs and symptoms to be aware of, and how to get help.** Start the conversation by sharing our online eating disorder screening, promoting resources in your community, and raising awareness.

## WHY HOST AN EATING DISORDER SCREENING?

Eating disorders are a serious public health issue, affecting 30 million people in the United States at some point in their lives. These disorders, including anorexia nervosa, binge eating disorder, and bulimia nervosa, have the highest mortality rate of any mental illness and can have serious, long-term impacts on a person's emotional and physical health.

## ABOUT NED AWARENESS WEEK

NED Awareness Week puts the spotlight on the seriousness of eating disorders, improving public understanding of eating disorder causes, symptoms, triggers, and treatment. Through increased awareness and education, we can save lives.

## HOW TO GET STARTED

An eating disorders screening event is a great way to raise awareness of eating disorders and meet other people who are passionate about the cause. This guide includes everything you need to plan a fun and successful event!

### IT'S TIME TO TALK ABOUT IT

**Early intervention saves lives, and our online screening only takes three minutes.**

**Make this screening tool available for employees:**

[www.myneda.org/screening](http://www.myneda.org/screening)



Questions? Visit [www.myNEDA.org](http://www.myNEDA.org) for eating disorders information, resources, and treatment options.

# HOST AN EATING DISORDER SCREENING

NEDA's online screening, [www.nationaleatingdisorders.org/screening](http://www.nationaleatingdisorders.org/screening), makes it easy to host an eating disorders screening anywhere internet access is available. Follow these guidelines to ensure a safe, successful, and productive screening event.

*Please note that the eating disorder screening is not diagnostic, but rather a self-assessment of whether an individual is experiencing symptoms consistent with an eating disorder.*

## 1. CHOOSE A LOCATION

### SCOUT YOUR SITE

Pick a high-traffic area to reach as many people as possible. It should fit a table and one or more internet-connected computers.

Try contacting local universities, libraries, community centers, homeowners' associations, alumni clubs, or restaurants about donating space.

### KEEP IT CONFIDENTIAL

If possible, put the screening computers in an adjacent, semi-private area.

Set up barriers to ensure privacy for those taking the screener.

Don't ask anyone about their results. If they disclose the results to you, don't share them with others.

## 2. GET YOUR SUPPLIES TOGETHER

### BE RESOURCEFUL

Getting people screened is important, but you also want to make sure to have resources handy for anyone who's interested in learning more.

Post NEDA Helpline information in a visible spot.

You can also find printable resources—like brochures and handouts—at [www.nedawareness.org](http://www.nedawareness.org) and [www.myneda.org](http://www.myneda.org). Pick your favorite handouts and set out a stack!

### NEDA HELPLINE

NEDA's Helpline offers treatment options and resources. Post this information in a high-visibility spot.

**Chat:** [nationaleatingdisorders.org/helplinechat](http://nationaleatingdisorders.org/helplinechat)

**Phone:** (800) 931-2237

**Crisis Line:** Text NEDA to 741741

*Chat and phone hours are M-Th, 9am-9pm, Fri 9am-5pm. Crisis text line is 24/7.*

# HOST AN EATING DISORDER SCREENING

## 3. PROMOTE THE EVENT

Get the word out! Submit your event to [www.nedawareness.org](http://www.nedawareness.org), contact nearby treatment providers, get in touch with local organizations, and spread the word via social media.

### OUTREACH SUGGESTIONS

- Contact local media, like radio and TV stations.
- Post on community calendar websites like Eventful and Patch.
- Use the sample blurb on social media (ask your friends to share it!).
- Invite local treatment providers: [www.nationaleatingdisorders.org/find-treatment](http://www.nationaleatingdisorders.org/find-treatment).
- Near a campus? Share the event with relevant departments, student groups, health services, and the counseling center.

### SAMPLE BLURB

"Eating disorders affect 30 million people in the United States at some point in their lives. National Eating Disorders Awareness Week puts a spotlight on the seriousness of eating disorders, improving public understanding, and encouraging early detection and intervention. Join us for a free, anonymous eating disorders screening on **[date and time]** at **[location]**. Please contact **[your email]** for more information. Together, we can raise awareness and save lives!"

## 4. EVENT DAY - ENJOY!

On the day of your screening you get to see all of your hard work come to fruition! Make sure you take some time to appreciate your efforts; by raising awareness about the seriousness of eating disorders and campaigning for change, you're making a real difference in others' lives.

Just follow a few simple guidelines to make sure the event is safe, informative, and fun!

- **Take pictures!** Be sure to get permission before photographing anyone, and share your pics with NEDA on social media. Don't forget to use #NEDAwareness!
- **Share responsibly.** It's important to educate others on eating disorders responsibly – check out (and follow!) NEDA's guidelines for <http://www.nationaleatingdisorders.org/guidelines-sharing-your-story-responsibly>.
- **Take the edge off.** The screening might be stressful for some attendees; these can be tough topics to discuss. Stay calm and direct them towards NEDA's resources.
- **Share with NEDA!** We love hearing about your events. Let us know how it went by emailing us at [info@myneda.org](mailto:info@myneda.org) – be sure to send your pics and any tips you picked up!