

# 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?**

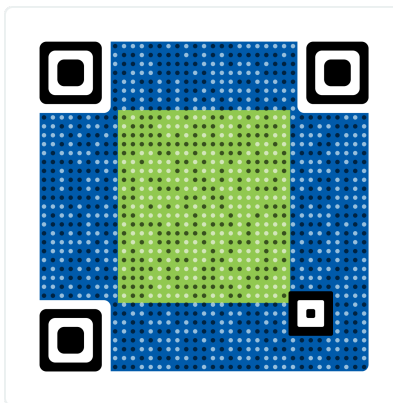
Eating disorders are a serious public health issue, affecting nearly 30 million people in the United States at some point in their lives. These disorders, including anorexia nervosa, binge eating disorder, bulimia nervosa, and other specified feeding or eating disorder (OSFED) have the second highest mortality rate of any mental illness, only surpassed by opioid use disorder and can have a serious, long-term impact on a person's emotional and physical health.

## **IT'S TIME TO TALK ABOUT IT**

**Early intervention is key to long term recovery, and our online screening only takes three minutes.**

**Access NEDA's Online Screening Tool:**

**[nationaleatingdisorders.org/screening-tool](http://nationaleatingdisorders.org/screening-tool)**



## **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 meaningful and successful event!

## **HOST AN EATING DISORDER SCREENING**

NEDA's online screening, [nationaleatingdisorders.org/screening-tool](http://nationaleatingdisorders.org/screening-tool), 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.

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

*Please note that the eating disorder screening, appropriate for ages 13+, is not a diagnostic tool, but rather a self-assessment of whether an individual is experiencing symptoms consistent with an eating disorder. Once completed, individuals will be connected to next step resources such as treatment and free, low cost support options.*

## **1. CHOOSE A LOCATION**

Pick a visible area to reach as many people as possible. It's helpful to secure a table where you can use tablets or a place with one or more internet-connected computers.

Try contacting local universities, libraries, community centers, homeowners' associations, alumni clubs, or restaurants about donating space. You can also set up a table at a health fair or similar event.

It's helpful to consider how people will recognize that you're doing a screening event the day of the event. For example, will you use a sign or other items to help people identify your table?

## **2. GET YOUR SUPPLIES TOGETHER**

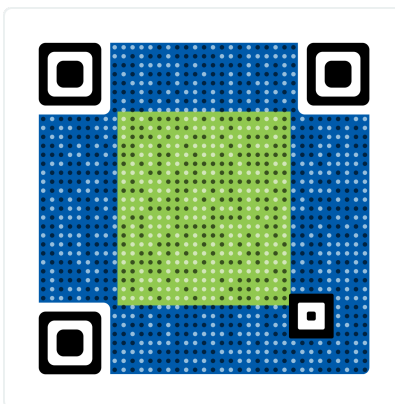
### **BE RESOURCEFUL**

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

### **NEDA's Resource Center**

NEDA's Grace Holland Cozine Resource Center connects individuals impacted by eating disorders to critical information to help navigate their recovery journeys. Post this information in a high-visibility spot:

[nationaleatingdisorders.org/resource-center](https://nationaleatingdisorders.org/resource-center)



Questions? Visit [www.nationaleatingdisorders.org](https://www.nationaleatingdisorders.org) for information, resources, and treatment options.

## KEEP IT CONFIDENTIAL

If possible, put the screening computers and/or tablets 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.

## 3. PROMOTE THE EVENT

Get the word out! Post flyers around your campus or community, contact nearby treatment providers, get in touch with local organizations, and spread the word via social media.

## ENLIST SUPPORT

- It can be helpful to identify aligned community members and organizations who can support conducting your screening event. Connecting and partnering with a local community organization, mental health organization, local counseling center, or college/university health center can help spread the word to new audiences.
- Near a campus? Share the event with relevant departments, student groups, health services, and the counseling center.
- Post on community calendar websites like Eventful and Eventbrite.
- Contact local media, like radio and TV stations.
- Invite local treatment providers: [nationaleatingdisorders.org/find-treatment](http://nationaleatingdisorders.org/find-treatment).

## SET A GOAL

It can be helpful to set a target goal. Assess the location of where you plan on hosting the event and decide on how many folks you aim to complete the screening. For example, you may set a goal to screen 50 people at one event. This can also be helpful when spreading the word!

## SAMPLE BLURB

"Eating disorders affect nearly 30 million people in the United States at some point in their lives. Our goal is to put a spotlight on the seriousness of eating disorders, improve public understanding, and encourage early detection and intervention. Join us for a free, anonymous eating disorders screening on **[date and time]** at **[location]** where we aim to reach **[insert target goal number]** people. Please contact **[your email]** for more information. Together, we can raise awareness and connect individuals to critical resources!"

## 4. EVENT DAY

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 and informative:

### NEXT STEP RESOURCES

Although this screening is confidential, individuals may share and discuss their results with you for assistance on next steps. Here are resources on our website that are helpful to familiarize yourself with:

Learn More	Opening Up	Help Seeking
<p>Someone interested in learning about what signs to look out for? Review common warning signs: <a href="https://www.nationaleatingdisorders.org/warning-signs-and-symptoms/">https://www.nationaleatingdisorders.org/warning-signs-and-symptoms/</a></p> <p>Someone confused about their results because of common myths? Help remove the stigma and share facts: <a href="https://www.nationaleatingdisorders.org/busting-myths-about-eating-disorders/">https://www.nationaleatingdisorders.org/busting-myths-about-eating-disorders/</a></p>	<p>Someone ready to open up? Guide them through tips to express their concerns: <a href="https://www.nationaleatingdisorders.org/sharing-concerns-about-your-eating-behaviors/">https://www.nationaleatingdisorders.org/sharing-concerns-about-your-eating-behaviors/</a></p>	<p>Someone interested in learning about the evaluation process? Share these tests: <a href="https://www.nationaleatingdisorders.org/evaluation-and-diagnosis/">https://www.nationaleatingdisorders.org/evaluation-and-diagnosis/</a></p> <p>Someone interested in seeking out an eating disorders specialist? Share these treatment directories: <a href="https://www.nationaleatingdisorders.org/find-treatment/">https://www.nationaleatingdisorders.org/find-treatment/</a></p> <p>Someone interested in connection with others in similar situations? Share additional support options: <a href="https://www.nationaleatingdisorders.org/free-low-cost-support/">https://www.nationaleatingdisorders.org/free-low-cost-support/</a></p>

### RESPONSIBLE CONVERSATIONS

It's important to educate others about eating disorders in a sensitive and respectful manner. Check out NEDA's guidelines:

<https://www.nationaleatingdisorders.org/sharing-your-story-responsibly/>

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

## **SELF CARE**

The screening might be stressful for some attendees and individuals who are hosting/supporting the event; these can be tough topics to discuss. It's okay to step away for a break and/or reach out to a support person.

## **SHARE WITH NEDA!**

We love hearing about your events. Let us know how it went by emailing us at [info@nationaleatingdisorders.org](mailto:info@nationaleatingdisorders.org). Before taking pictures and sharing them on social media, please ask for permission from attendees. Please feel free to tag NEDA on our social media.