



# National Eating Disorder Awareness Week

“By increasing awareness and access to resources, we can encourage early detection and intervention, which can improve the likelihood of full recovery for millions.” (NEDA, 2015)

A publication of the Center for Leadership Education in Maternal and Child Public Health

We hope you find this health observance quick-guide helpful! Roll over text to find live links to sites and materials. Most messages, materials, and facts can be adapted to fit other audiences not specifically depicted here.

## Social media



### Hashtag

#NEDAawareness

### Facebook

National Eating Disorders Association (NEDA)

Proud2BmeUS

### Twitter

@Proud2BmeUS

@NEDAstaff

### Youtube

National Eating Disorders Association

### Instagram

@nedastaff

@proud2bmeus

### Pinterest

National Eating Disorders Awareness Week

Social media can be a great tool for finding up-to-date resources and facts. Follow leading organizations to find out what they are doing, share their posts, and join in national chats.

One of the easiest ways to find more resources is to search the hashtag for this observance. This can be done on almost all social media sites. Include it in any posts you create.

*Please share these documents and consider tagging the Centers: @UMN\_MCH and @SahrcUMN.*

## Print, post, or share

### National Eating Disorders Association (NEDA)

- Get help: Resources
- Learn about eating disorders and common myths
- Get involved
- Find a volunteer speaker
- Shop NEDA items
- 2015 Partner Packet
- Sock it to ED guide
- Host an eating disorder screening

- Host a movie screening
- proud2Bme.org: an online community created by and for teens and young adults.
- National Eating Disorders Association website
- Media literacy toolkit
- Males and eating disorders
- Play the NEDAwareness Week Memory Game

If available, use logos and other graphics to enhance your posts, emails, or websites. Visuals help catch people's attention and often have higher engagement numbers. Use available facts from these organizations to create quick and easy posts for social media or a newsletter. Many also provide templates for press releases and other modes of communication.



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