



National Eating Disorders Awareness Week QUICK-GUIDE

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



This is one of 50+ "Quick-Guides" created to help you take advantage of national health observances. It can help you guide your maternal and child health promotion efforts, especially when using social media. Most messages, materials, and facts can be adapted to fit many audiences.

For other Quick-Guides, visit: z.umn.edu/qguides

Social Media

Social media can be a great tool for finding up-to-date resources and facts. Follow leading organizations to see 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 networks. Include it in any posts you create.

Please share this Quick-Guide and tag @UMN_MCH!

Hashtag

#NEDAwareness
#eatingdisorders

Twitter

@NEDAstaff
@Proud2BmeUS

Facebook

- National Eating Disorders Association (NEDA)
- Proud2BmeUSA

Instagram

@NEDA
@Proud2BmeUS

YouTube

National Eating Disorders Association (NEDA)

Print, Post, or Share

If available, use logos or 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.

National Eating Disorders Association (NEDA)

General Information	Screening Tool
Videos and Resources	Proud2Bme
Toolkits	How to Help

Sample Tweets/Posts

This #NEDAwareness Week (2/26-3/4), we're changing the conversation around food, body image & #eatingdisorders! Be part of the change!

30 million Americans struggle with a full-blown eating disorder and millions more will battle food and body image issues. Join the conversation and help raise #NEDAwareness!

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