Eating Disorders Awareness Week Activities
Children's Hospital Colorado
Jennifer Hagman MD

Examples:
Body Image Badge Workshop for Girl Scouts
Yearly 2003-2011

EDAW Packet for High School and Middle School Activities
sent to all Colorado High Schools and Middle Schools

Chatfield High School Assembly and Evening Community Event
Organized by Madi O'Dell and Jennifer Hagman MD
March 2012
Body Image Badge

presented by The Children’s Hospital

When: Saturday, February 22, 2003, 9 a.m. - 1 p.m.
Who: Junior Girl Scout Troops
Where: The Children’s Hospital Conference Center, 1056 E. 19th Ave., Denver. Park in visitor parking structure, $1 per car.
Capacity: Space is limited to 120 scouts.
Cost: $3 per Girl Scout.

For more information and to register, please call Linda F. at (303) 778-0109, ext. 238 or lindaf@gsmhc.org

In today’s world, there is more pressure than ever to have the “perfect” body. On TV and in magazines, young girls are barraged with unrealistic images of the “ideal” body. Bring your troop to this interactive and empowering session during which The Children’s Hospital will help girls build skills that will enhance their self-esteem, support a healthy body image and positive attitudes about nutrition and exercise, and foster their success.

- For attending this session, girls will receive a commemorative Body Image Badge.
- Some activities will count toward requirements for other badges - more details to follow.
- Lunch will be provided.
- Developed and led by medical and health experts from The Children’s Hospital Eating Disorders Unit, with emphasis on body image awareness and prevention.
Body Image Workshop
presented by The Children's Hospital

In today's world, there is more pressure than ever to have the "perfect" body. Through mediums such as MTV, Young Miss and Mademoiselle magazines, young girls are barraged with unrealistic messages and images of the "ideal" body. Bring your troop to an interactive and empowering session where we'll help girls build skills that will enhance their self-esteem about body image and foster their success in today's world.

☐ By attending this session, girls will meet the requirements to earn the Body Image patch.
☐ Some activities will count towards requirements for other badges – more details to follow.
☐ Dinner will be provided at 6:30 p.m. so you might want to be sure your girls have a snack before the program.
☐ Media are expected so we have included releases from both Girl Scouts – Mile Hi Council and The Children's Hospital. If permission is refused, girls and adults need to let us know this at check in.
☐ The program was developed and led by medical and health care experts from The Children's Hospital Eating Disorders Unit with emphasis on body image awareness and prevention

Who: Junior Girl Scout troops
Where: The Children's Hospital Conference Center
       1056 E. 19th Ave., Denver
       Park in visitor parking structure - $2.00 per car
When: Thurs., March 11, 2004
       4:30 – 8 p.m.
Capacity: 95 Girl Scouts

Releases and a map is attached.
Body image workshop teaches girls to be strong and confident

Girl Scouts – Mile Hi Council and the Children’s Hospital Eating Disorder Unit partnered to present the second annual Body Image Workshop on March 11. Ninety Junior Girl Scouts and their parents spent the evening at Children’s Hospital learning how to handle the pressure to have the perfect body.

“Girl Scouts is all about helping girls feel strong and confident,” said Dr. Jennifer Hagman, co-director of the Eating Disorders Treatment Program at Children’s Hospital, a Girl Scout Woman of Distinction and leader of Junior Troop 1613 in Golden. “Through the Girl Scout program and this workshop, girls will learn how to have a healthy body and a healthy body image.”

Girls circulated through three interactive sessions to build skills that enhance their self-esteem, support a healthy body image, and foster positive attitudes about nutrition and exercise. Girls learned about different body types in the “Every Body’s Different” session, then decorated their own “me” boxes and created self-actualization statements to put inside. In “A Balancing Act,” girls played nutrition Jeopardy, then stretched their bodies through chair yoga. In “Inside Out,” girls traced their bodies on paper and wrote messages of what they like about their body.

“My brain makes me smart in school,” said Zanell Gordon, 8, from Troop 81. “I have a beautiful singing voice and my imagination takes me places.”

“I’m healthy because I like to eat nutritious foods,” said Amanda Herbert, 9, from Troop 574. “I also have great taste and style.”

Parents participated in a special session with Dr. Hagman to learn what they can do to help girls combat eating disorders. “Girls can develop an eating disorder through pressures from dieting, peer pressure and through competitive sports that require a certain body type and weight, such as gymnastics, ice skating and ballet,” said Hagman.
Mile Hi Council Events and Activities

ARTS DAY
WHO: Juniors, Cadettes and Seniors
WHAT: Paint your own portrait, tour through the art gallery with a guide and create your own hip-hop dance. Girls will rotate and do all three hands-on workshops during this exciting afternoon.
WHEN: Sunday, February 13, 2005
TIME: 12:45-4 p.m.
WHERE: The Arvada Center for Arts and Humanities
COST: $5 per girl (patch included)
CAPACITY: 20 min.-100 max.
DEADLINE: Tuesday, February 8, 2005

A ‘BODY’ OF KNOWLEDGE FUNSHOP
WHO: Girls in grades 6, 7 and 8
WHAT: There is more pressure in today’s world than ever to have the “perfect” body. Bring your troop to an interactive and empowering session where staff at The Children’s Hospital will help girls build skills that will enhance their self-esteem about body image and foster their success in today’s world. Bring a sack lunch and drink. A photo release will be asked of all participants. This event is brought to you in part by your contributions to Friends of Girl Scouts, QSP and the Girl Scout Cookie Activity.
WHEN: Saturday, February 26, 2005
TIME: Check in, 8:15 a.m.; event, 9 a.m.-1 p.m.
WHERE: The Children’s Hospital, Denver
COST/CAPACITY: $4 per Girl Scout/30 min.-90 max.
DEADLINE: Friday, February 11, 2005

SUPER SCIENCE SATURDAY
WHO: Brownies and Juniors
WHAT: Join Mad Science for a science-sational Saturday! Hands-on activities are combined with a spectacular assembly program to provide the girls with an exciting day of fun and friendship. Attendees will complete a variety of activities and take-home projects as they investigate different scientific concepts and learn about influential women in the field of science. Bring a sack lunch, a drink and your brain. Brownies will participate in the morning exploring the wonders of nature as they observe the world’s ecosystems and watch for signs of wildlife while earning the Science in Action Try-It. Juniors will be earning the Rocks Rock Badge and Making it Matter Badge in the afternoon. Adult supervision is required.

WHEN: Saturday, February 26, 2005
TIME: Brownies: 8:30 a.m.-3 p.m.; Juniors: 12 -6:30 p.m.
WHERE: Metro Denver location
COST: $25 per girl (includes badge(s), a participation patch and all projects)
CAPACITY: 100 min.-275 max. (per session)
DEADLINE: Friday, February 11, 2005
NOTE: Cadette and Senior program aides are invited to be assistant mad scientists at this event. Please contact Julia Kozdron at 303-403-0432 or at julia.kozdron@madscience.tv for more information and to sign up.

INTERNATIONAL SONG FEST
WHO: Girl Scouts, their families and friends
WHAT: Explore the international world of Girl Scouting, song and friendship at this sing along and celebrate the 93rd anniversary of Girl Scouts. Bring your tape and video recorders and eat before you arrive.
WHEN: Monday, March 7, 2005
TIME: 5:30-7 p.m.
WHERE: Mile Hi Council Program Center
COST: Free
CAPACITY: no min.-open
Construction work begins at Magic Sky

The capital campaign for our new dream camp at Magic Sky is complete. We recently closed on the sale of the Flying ‘G’ Ranch property, which enables us to proceed as planned with development at Magic Sky. While this is a bittersweet transition, the truly good news is that we have negotiated a lease of the property for the 2006 camp season at Flying ‘G’, so there should be no interruption to our summer camp program for girls.

In a tight economic market, it hasn’t been easy to raise the outside funds to help build Magic Sky. On behalf of the board and staff of Mile Hi Council, thank you to everyone who has helped make Magic Sky a reality. We are now moving into the in-kind portion of the work that will help provide equipment and furnishings to complete our camp. Get involved by contributing to the 2006/2007 Friends of Girl Scouts Campaign to help furnish the cabins at Magic Sky. See the council Web site (Giving & Partners > Friends of Girl Scouts) for more information.

In spring of 2007, we plan to open the largest outdoor resource for girls in the state, especially designed for year-round use and troop camping. Infrastructure work at Magic Sky is complete, and we are now constructing the facilities. You can keep up on the latest construction work with a Web cam on our council Web site (click on link from the home page).

Come Celebrate 60 Years of Camping at Flying ‘G’ Ranch

July 8, 9 a.m. to 3 p.m.
Flying ‘G’ Ranch
Look for more information and registration materials on council Web site (Events & Activities > Council Events > Events Listing).

Girls aspire to be “normal healthy”

A new Girl Scout Research Institute study sheds light on the childhood obesity crisis by asking girls directly how they define health and what motivates them to lead a healthier lifestyle. The New Normal? What Girls Say About Healthy Living combines focus group research with a nationally representative online survey of more than 2,000 girls 8- to 17-years-old from different racial, ethnic, geographic and socio-economic backgrounds. The study yields four broad findings:

- For most girls, being healthy has more to do with appearing “normal” and feeling accepted than maintaining good diet and exercise habits.
- Emotional health, self-esteem and body image play a critical role in girls’ attitudes about diet and exercise.
- Girls have basic knowledge about healthy eating but often don’t act on this knowledge, and many regularly make poor diet and exercise choices.
- Mothers exert tremendous influence as the most frequently cited source of health information and as role models for their daughters.

The findings reinforce the work Girl Scouts is already doing to help girls lead healthier lives and will inform ongoing program and policy work to better acknowledge and effectively utilize the girl perspective. For more information on this study and ways you can get involved, visit www.girlscouts.org.

Girl Scouts learn everyBODy is beautiful

On Feb. 25, 90 girls, ages 8 to 11, attended the third annual Body Image Workshop for Girl Scouts put on by the Eating Disorders Treatment Program of The Children’s Hospital in Denver. This workshop is geared to infuse girls with positive, reassuring messages about their bodies. Pictured on the left is a body tracing activity where girls traced themselves and filled in their profiles with colors and words that captured their feelings. Read more about this experience on the council Web site (News > Council News).
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Interested in learning how you can support Mile Hi Council’s Healthy Living Initiative? Contact Ann Werner, manager of annual giving, at 303-778-8774 or at annw@gsmhc.org.

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*Pictured on the right is a body tracing activity where girls traced themselves and filled in their profiles with colors and words that captured where they experience feelings.* Read more about this experience on the council Website (News > Council News).
Body Image Badge Day
The Children’s Hospital
February 24, 2007
JH Update 3pm

Staff information sheet

SCHEDULE:

Please plan to be here no later than 8 a.m. Wear your TCH name tag and any TCH clothing item to identify yourself.

Cadette Group Leaders – Marisa – Pink, Kate – Green, MacKenzie – Yellow
Brooke – Float

8:30-9:00 a.m. Registration - Lobby
9:00-9:15 a.m. Roundtable Ice Breaker - Lecture Hall
9:20-10:20 a.m. Rotation 1 (1 hour)
10:25-11:35 a.m. Rotation 2 (1 hour + 10 minutes for snack)
11:35-12:35 p.m. Rotation 3 (1 hour)
12:45-1:30 p.m. Lunch/Roundtable - Longs Peak

Activities, Locations and staff:

**Me Boxes**
Location: Longs Peak
Leader: Sally
Volunteers: Jeannie (1,2,3), Clarissa (session 1 and 3)

**Media Images**
Location: Torrey’s/Mt.Evans
Leader: Lua Session 1 and 3
Volunteers: Vicky, Marie (Session 1 and 3)

**Yoga/Nutrition**
Location: 6th floor Lobby
Leader: Sam Peternell
Volunteers: Lindsay & Savina – 20 minutes of nutrition Session 1 and 3
Clarissa and Marie – Session 2

**Parent Rotations** in Lecture Hall
Rotation 1: Identifying and Treating Eating Disorders - Jennifer
Rotation 2: Promoting healthy nutrition without increasing risk of ED - Lua, Lindsay and Savina
Rotation 3: Troop activities to promote healthy self and body image- Jennifer

Contact numbers for Sat am:
Becky Grupe: 303-204-9745
Megan Salsbury: 303-250-2026
Jennifer Hagman: 303-890-5806 – pager & best way to contact
303-886-1395 -- cell

☆ Event set up: Friday at 3:30 on the 6th floor. We want to get as much set up as possible on Friday.

☆ Please remind girls about the Girl Scout Buddy System - Scouts cannot leave the room/area without a buddy... even to just go to the bathroom or get a drink of water! Also, remind them where the drinking fountain and bathrooms are.

☆ We will be providing a snack for the girls at the beginning of Rotation #2 - cheese and apples. Please make sure to plan for this! Adults don’t get a snack unless we have extra!

☆ The parent sessions are all happening in the lecture hall. We will provide them with water and coffee. The cafeteria will also be open regular hours if parents want anything extra or they forgot to bring lunches for the kids. Don't forget it is closed between 10 & 11.

☆ PLEASE make sure to help your group get to their next rotation. They will not know where they are going. A parent and scout schedule should be attached to this memo. There are also scout schedules hanging outside each room. Girls are grouped by the color of bracelets they are wearing - yellow, green or pink. We’ve only planed 5 minutes for transition so your help is appreciated! The senior scouts are also there to help.

☆ Food for staff only will be located in the pantry - coffee, bottled water and bagels by 8 am - lunch will arrive by Noon from Panera - we might be able to grab a quick bite while the girls are eating at Noon - otherwise once it is over.
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>12:00 - 12:30 p.m.</td>
<td>Registration</td>
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<tr>
<td>12:30 - 12:45 p.m.</td>
<td>&quot;Mind &amp; Body&quot; Mt. Cameron</td>
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<tr>
<td>1:55 - 3:10 p.m.</td>
<td>Rotation 2 and Snack</td>
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<td>3:15 - 4:15 p.m.</td>
<td>Rotation 3</td>
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<td>4:20 - 4:45 p.m.</td>
<td>Wrap-Up</td>
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<td>4:30 - 5:00 p.m.</td>
<td>Welcome</td>
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<td>All</td>
<td>&quot;Me Boxes&quot; Mt. Oxford</td>
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<td>Parent Session</td>
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<tr>
<td>8:30 - 9:05</td>
<td>Welcome/Orientation &amp; Scout Roundtable Discussion</td>
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<td>9:10 - 10:05</td>
<td>Rotation 1</td>
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<td></td>
<td>What Are Eating Disorders &amp; How You Can Help Prevent Them</td>
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<td></td>
<td>Jennifer Hagman, MD. Associate Professor of Psychiatry,</td>
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<td></td>
<td>Director, The Eating Disorder Program at Children’s Hospital</td>
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<td>Girl Scout leader since 1998</td>
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<td>10:10 - 11:05</td>
<td>Rotation 2</td>
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<td><em>Windows To My Soul</em> Video &amp; open discussion</td>
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<td>Gary Seils, Lead Mental Health Counselor &amp; Sally Cooper, RN</td>
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<td>11:10 - 12:05</td>
<td>Rotation 3</td>
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<td>Things To Do With Your Troop To Foster Healthy Body Image &amp; Self Esteem</td>
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<td></td>
<td>Jennifer Hagman MD</td>
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<tr>
<td>12:10 - 1 pm</td>
<td>Lunch with Scouts</td>
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Parent Schedule
February 2, 2008

9 – 9:15 am Welcome & introduction Lecture Hall

9:30 -10:20 am Rotation 1
Identifying and treating eating disorders
Jennifer Hagman, MD. Associate Professor of Psychiatry,
Director, The Eating Disorder Program at Children’s Hospital
Girl Scout leader since 1998

10:45 – 11:30 am Rotation 2
Part 1: Promoting healthy nutrition without increasing risk of
Eating disorders.
Cinda Nab & Darcy Lewis Nutrition Services, The Children Hospital

Part 2: Yoga for leaders
Michelle Fury, Ponzio Creative Arts Therapy Program,
The Children’s Hospital

11:45 -12:30 p.m. Rotation 3
Minimizing risk factors & what to do if you are concerned.
Jennifer Hagman MD and Gary Seils, Lead Mental Health Counselor

12:45 – 1:45 pm Lunch & wrap up activity with Scouts Mt. Princeton/Yale
Evaluations from Girl Scouts

Parent Evaluation from Girl Scouts

All surveys had "agreed a lot" or "agreed somewhat" for:

- Girls developing a strong sense of self esteem
- Girls developing a strong sense of self
- Girls gained practical life skills; girls practice healthy living

Overall, what did you think of this self-esteem event?
1 person answered "Fair"
2 people answered "Good"
8 people answered "Excellent"

All surveys received answered that they would recommend this event to a friend.

Comments from parents about what they liked most about the event:

- Girl time
- The interactive activities that the girls did
- Yoga, esteem workshop - fun and educational
- Self esteem class
- Focus on being healthy and how to do this- yoga was a nice touch!
- Positive nature of activities for girls
- Information for leaders
- Very well organized - a lot of great information and wonderful presenters!
- Well organized - so fun for girls - very positive
- The information. Great set up on schedule. The girls had a great time!

Suggestions from parents:

- Thank you!
- I thought the adult portion was good. I am not sure exactly what the girls worked on.
- Wonderful!
- We didn't have a chance to talk about ideas for troop meeting activities which I was hoping we'd do
- More events like this around other topics
- Lunch - better timing; nutrition - more on healthy choices
- Full day and event for older girls
- Hard questions to answer b/c leaders were in our own sessions, so do not know what/how the girls did!

Girl Scouts Evaluations for the Girls

List one thing that you learned at this event:

- Everyone is pretty
- Be you
- Nobody is ugly
- Always feel pretty about yourself
- No good food, no bad food
- Fat is good for women
February 27 Girl Scouts Body Image Awareness Day Evaluation Summaries

Because Children's and the Girl Scouts provided different evaluations, we received a variety of responses from the scouts as well as the parents.

TCH Evaluations

*Did this event meet your expectations?*
21 scouts said YES (96%)
1 scout said NO (4%)

*Tell us what you enjoyed most about this event and why.*

- Yoga because it helps you relax
- Yoga because it is calming
- I wish there would be more people
- The health unit
- Activities because of the fun
- Doing flowers, it showed me a ton
- I enjoyed making my box! I got to design it
- Yoga and learning about nutrition
- Yoga was really relaxing
- Self esteem class
- Being with the girl scouts - doing something together to educate us
- Fun, informative, well planned
- The girls had independence so they could learn in an environment while parents also had an opportunity to learn

*Tell us your 3 wishes for this to improve it in the future:*

- More time at the boxes, less girly girl, no breathing through the straws
- Activities, lunch earlier
- More activities
- Recycle
- Lunch earlier, have less people, more activities
- Have high school or middle school girls speak
- Seeing the artwork, having older girls speak
- Longer yoga, longer Me Boxes
- Nutrition - spend more time on healthy snacks
- More info on how to interact once we think there is a problem
- It was so great - please do this in other formats - antidrug or fitness or health or sports
- Full day event, hold an event for older girls

*Suggestions I have for future events:*

- Eat lunch earlier
- Shorter yoga
- P.E. Unit
- Lunch earlier
- Longer yoga
- No - we loved it!
• Don’t let someone else tell you how to look
• How to do yoga
• I should always eat breakfast
• You don’t need a diet to get skinny
• Yoga can help you concentrate
• You shouldn’t deprive yourself of food

Overall, what did you think of this event?

1 person said FAIR
15 people said GOOD
33 said EXCELLENT

Suggestions for the event:

• More events
• Nothing
• Lunch earlier
• None
• Let buddy with whoever they want
• More yoga poses!
• More flexibility
• Give out free stickers
• More hands on crafts
• Lunch earlier
• Yoga room should be bigger
• More yoga
• To write about being yourself
• More videos
• I don’t think there’s something to add to this event - it’s so fun and thank you for putting everything together
Activities from the Body Image Workshop meet some of the requirements for these Junior Badges

Becoming a Teen - “Today’s Tween” and “Teen Habits”

Being My Best – “Name your Talents”, “Find Role Models”, “Think Positively “Create a Brag Bag”, “Peer Pressure Role-Play”

Stress Less – “Move that Stress Away”, “one at a time”, Practice Elevator Breathing”, “Pass it on”, Move that Stress Away, Create a Personal Stress Kit

Food Power – “Keeping it balanced”, “Messages”

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Congratulations on completing

The Children’s Hospital

Every Body’s Different – InsideOut

Body Image Workshop

You have also successfully completed requirements for the following:

Food Power Badge
Activity 2

Fun & Fit Badge
Activities 5 & 6

A Healthier You
Activities 3 & 4
Body Image Badge Station Completion Card

"Balancing Act"

"Inside Out"

"EveryBody's Different"
Body Image Workshop
Presented by The Children's Hospital
February 27, 2011

PARENT EVENT EVALUATION

1. Did this event meet your expectations? (Circle One) ☐ Yes ☐ No
   Why or why not?

2. Tell us what you enjoyed most about this event and why.

3. Tell us your 3 wishes for this event to improve it in the future:

4. Would you recommend this event to another troop? ☐ Yes ☐ No

5. Suggestions for future events:

6. Would you be willing to write a story for a Mile Hi Council publication (e.g. Volunteer View, Girl Power, or our website) about your experiences at this event?
   ☐ Yes ☐ No
   If yes to either, please indicate the following:
   Name:
   Address: __________________________ City: __________________________
   Phone Number: (Day) ___________ (Evening)_______________________
   Email Address: _____________________________________________
   Best time(s) to reach you:

OTHER COMMENTS...
Children's Hospital, Girl Scouts share health event

Teen girls earn body image badges

Story and photo posted by The Children's Hospital

Eating Disorder Awareness Workshop at Children's Hospital's Eating Disorder Awareness Program

One workshop examined media and body image and included the construction of collages depicting positive and negative media messages and a group discussion about media messages.

A second workshop was on building a healthy sense of self by making "me" boxes filled with positive self-statements. A third workshop was on "Mind and Body," with an interactive yoga session, including a discussion of balancing nutrition and activity.

"The girls were very aware of what magazines and TV try to tell women about beauty and success," said Dr. Hagman.

The leaders and parents also rotate through a set of workshops that focused on how to identify and treat eating disorders and how to support healthy nutrition within the context of a family setting.

"We've had wonderful responses," said Dr. Hagman, who has been a Girl Scout for nine years.

With workshops like Children's, designed to address these critical issues, the weight on change is shifting to a younger generation eager to convey a positive message about healthy body image.

To post your own stories and photos, log on to YourHub.com.

WE'RE STEERING OPPORTUNITIES TO

CRIMINAL ACTIVITY
juniorTroop #571

... thanks you! Sarah

Andrea, Caitlyn

Thanks for a fun day at the Children's Hospital! Body Image

different. We loved it!!! Sincerely Troop 2890
February 8, 1999

The 12th annual Eating Disorders Awareness Week is February 20 - 27.

The Children’s Hospital Eating Disorder Treatment Center and The Eating Disorders Professionals of Colorado (EDPC) are pleased to provide you with this educational outreach packet for use with children and adolescents in the school setting.

We hope that students, educators, school counselors and school nurses will work together to increase awareness of eating disorders in the school setting and help students build skills that will enhance their self esteem and foster their success in today’s world.

The need for increased awareness and eating disorders prevention is clear: conservative estimates indicate that 5-10 million girls and women and one million boys and men in the United states are struggling with eating disorders. In addition, 75% of American women are dissatisfied with their appearance and unfortunately this body dissatisfaction seems to be starting at younger and younger ages.

In this packet you will find:
Activities you can use in the classroom
Informational Handout for teens on “How to help a friend”
Informational Handout for parents and educators on what to do when you are concerned about a student.
A poster to display “Don’t weigh your self-esteem, It’s what’s inside that counts!”
A reading list for students and parents on eating disorders
A Resource List including internet sites
A Resource Brochure of books on eating disorders

Thank you for your concern and interest in recognizing and preventing eating disorders. Please contact us (303-764-8521) if you would like additional information!

Sincerely,

Jennifer Hagman, M.D.
Co-Director, Eating Disorders Treatment Program, The Children’s Hospital

Margaret Kelley, R.N.
Program Coordinator

President, Eating Disorder Professionals of Colorado

Affiliated with
University of Colorado Health Sciences Center
Eating Disorders Awareness
Ideas for activities in the classroom from The Children’s Hospital
and Eating Disorders Professionals of Colorado (EDPC)

1. **Class Project #1  MEDIA IMAGES**
   Ask students to bring in their favorite magazines and newspapers.
   Ask them to cut out advertisements with different images of men and women
   Instruct them to critically examine the images portrayed by the media:
   What characteristics do these images portray?
   Do the images portray a healthy person?
<table>
<thead>
<tr>
<th>Intelligent</th>
<th>athletic</th>
<th>Talented</th>
<th>Weak</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assertive</td>
<td>strong</td>
<td>unrealistic</td>
<td>Confident</td>
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2. **Class Project #2  ROLE MODELS**
   Ask students to make a list of role models/heroes/people they look up to.
   Ask them to make a list of values that are important for any person to possess.
   Ask them if their role models possess these values.
   Then ask students to look through their local newspapers and popular magazines.
   Who has society chosen as role models?
   How are they different from your role models?
   How have role models changed over the past 10 or 20 years.
   Is there a difference between role models for men versus women?

3. **Class Project #3  ADVERTISING MESSAGES**
   Ask students to choose one advertisement from a popular magazine.
   What is the advertisement trying to sell?
   What methods is this ad using in order to sell it’s product?
   Is the ad effective? Does it make you want to buy to product?
   What age person is the ad directed toward?
   Is the ad destructive in any way?

4. **Class project #4  MUSICAL MESSAGES**
   Ask students to listen to their favorite music and find a song with lyrics depicting
   an empowered, confident person. Then find a song with lyrics depicting a person
   who lacks self-confidence. Critically examine the contrasting messages.

5. **Class project #5  INSIDE - OUTSIDE COLLAGE BOXES**
   Students either bring a box to work with, or select one from boxes provided by the
   educator. Students cut many words and images from magazines, they can also use
   materials like felt, construction paper and paints to decorate their boxes. The
   inside of the box is decorated with “things that I keep inside, that not everyone
   knows or sees” and the outside of the box is decorated with “how other’s see me.
   and/or how I see myself on the outside”. The boxes can be shared in a discussion.

Written by Jennifer Hagman M.D. and Kathleen Hart Ph.D. For more information call 303-764-8521
How to help a friend with eating and body image issues

If you are reading this, then chances are you’re concerned about the eating habits, weight of body image of someone you care about. Maybe it’s a friend at school, a teammate, a roommate, your girlfriend, or possibly a relative like a sister, or even a parent.

Let us assure you that you are doing a great thing by looking for more information. If you feel scared or worried about your friend or relative, the it is a very good idea to get some more information and figure out what to do next.

Eating disorders are complex physical and emotional conditions. An eating disorder is often a person’s method of coping with or avoiding events or feelings in her life. It may be a way for a person to feel in control. Disordered eating means that your friend’s attitudes about food, weight and her body may be causing her to have unusual eating and exercise habits that jeopardize her health, happiness and safety.

**Warning Signs:**
- Has your friend lost or gained a significant amount of weight recently?
- Does your friend always seems to be dieting?
- Does he/she avoid eating meals or snacks when you are together?
- Does she/he talk or worry about her size and shape
- Does your friend exercise too much, or exercise mainly to control their weight?
- Has your friend withdrawn from activities and people they used to enjoy?

**What should I say?**
If you are worried about your friend’s eating behaviors or attitudes, then it is appropriate for you to express your concerns in a loving, supportive way. It is important to handle these issues with honesty and respect. It is also important to discuss your worries early on, rather than waiting.

**Because your friend’s health or even her life may be in danger, it is important not to keep this a secret** for fear of making your friend angry or getting her in trouble with her parents, at school, with a coach or anyone else. Other people in her life need to know so they can encourage her to acknowledge her problem and get help.

**In a calm and caring way**, talk about specific things you see or feel. Share your memories of two or three specific times when you felt concerned, afraid or uneasy because of her eating habits or things your friend said. Be honest. Talk openly and honestly about your concerns with the person who is struggling with eating or body image problems. Avoiding or ignoring it won’t help!

For more information you can call: The Children’s Hospital (303-764-8521)
Eating Disorders Awareness and Prevention, Inc (1-800-031-2237)
http://members.aol.com/edapinc
HOW CAN I RECOGNIZE AN EATING DISORDER IN A TEENAGER?

Young people go to great lengths to deny and conceal their painful struggles with food. Here are some signs that may help you recognize an eating disorder in someone you know.

- **Excessive weight loss.** Anorexia is diagnoses when the teenager is 15 to 25 percent below expected weight (whether due to loss or failure to gain with growth).
- **Frequent weight fluctuations.** Although the bulimic usually maintains near normal body weight, her roller coaster dieting may show up in erratic weight gains and losses.
- **Unusual eating habits,** like taking tiny bites to stretch out eating time or compulsively arranging food on the plate.
- **Stops eating meals with the family** (too busy, eating elsewhere, etc.)
- **Secretive behavior,** especially with respect to eating and bathroom use. A teenager who habitually runs water, plays the radio or flushes the toilet repeatedly while using the bathroom may be masking the sounds of vomiting.
- **Use of laxatives or diet pills.**
- **Food disappearing on a regular basis.**
- **Excessive exercise.**
- **Dull hair and hair loss,** splitting or softening nails.
- **An absence of menstrual periods** related to loss of body fat.
- **Dental cavities and gum disease,** caused by malnutrition and vomiting.
- **Extreme sensitivity to cold,** due to loss of fat and muscle.
- **Find body hair on arms and legs.** Some doctors think this is the body’s attempt to keep warm.
- **Low self-esteem.**
- **Distorted body image.** No matter how thin she gets, the anorexic still believes she’s too fat.
- **Irritability, depression or talk of suicide.**
- **Drug or alcohol abuse.** Sometimes, teenagers with eating disorders will turn to substance abuse to relieve feelings of fear, shame and depression.
DON'T WEIGH
YOUR SELF-ESTEEM
It's what's inside
THAT COUNTS

Eating Disorders Awareness Week -
February 20th to 27th

This Message brought to you by The Children's Hospital
Eating Disorders Treatment Center
EATING DISORDERS
(ANOREXIA NERVOSA, BULIMIA, COMPULSIVE OVEREATING)


Books with a FHL call number are available in the Family Health Library at Children’s Hospital in Denver.
You Are More Than What You Weigh

Internet Information on Eating Disorders

Sites:

Alliance to Fight Eating Disorders- www.fsciu.com/AFED/
Anorexia Nervosa & Bulimia Association- URLink.queensu.ca/4map/anabhome.htm
Cathy's Eating Disorder Resources- www.stud.units.no/studorg/ikstrh/ed
Eating Disorders Shared Awareness- http://www.mirror-mirror.org/eatdis.htm
Eating Disorder Programs- //members.aol.com/asedfaq/faq5.html
Eating Disorders- www.era.com/heritagehospital/eating.htm
Obesity & Weight Control- www.weight.com
Overeaters Recovery Home Page- www.hiwaay.net/recovery/
Something Fishy's Eating Disorder- www.something-fishy.com/ed.htm
Weight Watchers- Http://www.weight-watchers.com/
Http://edrecovery.com/
Http://www.dra.nl/~emmy/ased/index.html

Eating Disorder Newsgroups:

alt.food.fat-free: very low-fat
alt.food.low-fat:low-fat
alt.support.big-folks
alt.support.diet.rx
alt.support.eating-disord.
alt.support.obesity
alt.recovery.compulsive-eat
sec.support.fat-acceptance

Mailing Lists:

Etdis (All kinds of eating disorders and their families/loved ones )
CLUB-100 (For persons 100 lb. Or more overweight)
FATLOSS (Information and support for those wanting to lose body fat.)
In addition to the event Thursday night (tomorrow) we gave presentations to 6 sessions of students yesterday, over 200 students in each group, and held a competition with art and creative writing categories related to body image and eating disorders, with cash prize awards from the Children’s Hospital Foundation. The Denver Post is covering the events and will run a story this weekend.

National Eating Disorder Week is being honored at Chatfield High School. We are trying to raise awareness in Jeffco to this epidemic to our teenagers. While the disorder is more common in girls, it affects boys as well. This affects MANY athletes and students. See this web site for more information on the disorder: http://www.nationaleatingdisorders.org/

Madi O’Dell, an 18 year old senior at Chatfield High School, has taken upon herself to help the local teen age community by speaking out about her own struggles with an eating disorder. She is participating at this event - a very brave undertaking for a teenager to speak amongst her peers about such a stigmatized and hidden topic. Let's get the WORD OUT!

The **public event** will be held on Thursday, March 1st at 7 pm in the Chatfield High school auditorium: 7227 S. Simms Street, Littleton, CO 80127

It is going to be a panel discussion as well as informational meeting. Madi O’Dell, (Senior at Chatfield, soccer and basketball player), Dr. Hagman (from Eating Disorder Unit at Children's Hospital), Laurin Weisenthal a CU medical student who also had an eating disorder (college swimmer), and a counselor from Chatfield. They will give their stories and then go into different topics involving athletes and food etc.. Talking about warning signs, medical consequences, how coaches can help, how parents can help, and more
Turning a secret into strength

Crossword: (noun) 1. a puzzle in which letters are used to form words; 2. a secret that is shared with others in a way that is not obvious.