



National Eating Disorders Awareness Week

Let's Talk About It: Eating Disorders, Stigma, and Empowered Recovery

Every year, the U.S. Department of Health and Human Services Office on Women's Health (OWH) recognizes National Eating Disorders Awareness Week (NEDAW). The observance, which will take place **February 26 - March 3, 2024**, highlights the seriousness of eating disorders across the United States, particularly for women and girls of all ages. An estimated 28.8 million Americans—about 9% of the total population—will experience an eating disorder during their lifetime. During the week, OWH will join with individuals, organizations, health professionals, and communities to increase awareness of issues related to eating disorders.

NEDAW 2024 Theme: *Let's Talk About It: Eating Disorders, Stigma, and Empowered Recovery*

This year's theme, "***Let's Talk About It: Eating Disorders, Stigma, and Empowered Recovery***," highlights the many different types of eating disorders people can experience, addresses stigma around eating disorders, raises awareness about inequities in diagnosis and treatment for minority populations, offers best practices to improve the quality of care, and encourages self-advocacy when seeking support and recovery.

National Women's Eating Disorders Awareness Week Webinar

OWH will host a webinar on **February 29th, 2024, at 1 pm ET**, to discuss the latest eating disorder data, disparities for underserved and underrepresented populations, and best practices in providing quality care for diverse communities. Attendees will hear from subject matter experts in the field and individuals with lived experience



as they dive into the latest eating disorder considerations for individuals, loved ones, and healthcare professionals. Register for the webinar at www.womenshealth.gov/nedaw/events.

Daily Themes for the Week

Learn more about this year's focus areas (listed below) by visiting: <https://www.womenshealth.gov/nedaw>

- » **Monday, February 26:** Understanding the Facts about Eating Disorders
- » **Tuesday, February 27:** Eating Disorders and the LGBTQIA+ Community
- » **Wednesday, February 28:** Bone and Muscle Health Effects of Eating Disorders
- » **Thursday, February 29:** Self-Advocacy and Empowerment for Eating Disorder Support and Treatment

Visit [womenshealth.gov/nedaw](https://www.womenshealth.gov/nedaw) for resources and more information about eating disorders.

- » **Friday, March 1:** Eating Disorders Among Underserved and Underrepresented Communities
- » **Saturday, March 2:** Talk About It: Supporting a Loved One
- » **Sunday, March 3:** Getting Help that Works for You



Sample Messages

- » **#EatingDisorders** affect ~28.8 million Americans during their lifetime. This week during National Eating Disorders Awareness Week, join **@womenshealth** and “*Let’s Talk About It: Eating Disorders, Stigma, and Empowered Recovery.*” **#NEDAW** <https://www.womenshealth.gov/nedaw>
- » DYK? LGBTQIA+ youth are 3x more likely to have an eating disorder compared to their straight cisgender peers due to factors like bullying and discrimination. Help is available. Call the **@allianceford_** Helpline 1-866-662-1235 for help and referrals. **#NEDAW**
- » **#EatingDisorders** can negatively affect your bone and muscle health, especially if you’re an athlete or older adult. Learn more and find treatment options for yourself or a loved one this **#NEDAW** at <https://www.womenshealth.gov/nedaw>
- » Taking the first step to get help for an eating disorder can be difficult, but the sooner you reach out, the sooner you can find support and treatment. Treatment and recovery will look and

feel different for everyone. Explore the **#NEDAW** toolkit and resources to learn more and find resources <https://www.womenshealth.gov/nedaw/resources>

- » If you are worried a family member or friend who may be showing signs of an eating disorder, it’s important to offer support. Explore these resources to help you support your loved one. **#NEDAW @nceedus** <https://nceed.3cimpact.com/resources-family-members-friends>
- » **#EatingDisorders** affect a person’s physical and mental health, and in some cases, can be life-threatening. With support and treatment, recovery is possible. Learn how to find the help you need to start your journey to recovery. **#NEDAW** <https://www.womenshealth.gov/nedaw>
- » Underserved and underrepresented communities are less likely to be properly diagnosed with an eating disorder often due to discrimination and disparities in screening and treatment. Learn about best practices when supporting these communities with eating disorder care **#NEDAW** <https://www.nationaleatingdisorders.org/grace-holland-cozine-resource-center-culturally-diverse-communities/>
- » **#EatingDisorders** affect millions of Americans, but everyone’s recovery journey is unique. Explore resources that can help you find the treatment route that works best for you. **#NEDAW @nceedus** <https://nceed.3cimpact.com/resources-individuals>



Thank you for celebrating National Eating Disorders Awareness Week with us!



OASH

Office on Women’s Health

www.womenshealth.gov | 1-800-994-9662

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