

University of Montana

ScholarWorks at University of Montana

University of Montana News Releases, 1928,
1956-present

University Relations

2-8-2000

Eating Disorders Awareness Week celebrates every body

University of Montana–Missoula. Office of University Relations

Follow this and additional works at: <https://scholarworks.umt.edu/newsreleases>

Let us know how access to this document benefits you.

Recommended Citation

University of Montana–Missoula. Office of University Relations, "Eating Disorders Awareness Week celebrates every body" (2000). *University of Montana News Releases, 1928, 1956-present*. 16461. <https://scholarworks.umt.edu/newsreleases/16461>

This News Article is brought to you for free and open access by the University Relations at ScholarWorks at University of Montana. It has been accepted for inclusion in University of Montana News Releases, 1928, 1956-present by an authorized administrator of ScholarWorks at University of Montana. For more information, please contact scholarworks@mso.umt.edu.



The University of
Montana

UNIVERSITY RELATIONS • MISSOULA, MT 59812 • 406-243-2522 • FAX: 406-243-4520

NEWS RELEASE

Feb. 8, 2000

Contact: Marie Hedrick, marketing coordinator, University Dining Services, 243-6433.

EATING DISORDERS AWARENESS WEEK CELEBRATES EVERY BODY

MISSOULA--

To eat or not to eat?

It's a question that an estimated 5 to 7 percent of American college students struggle with every day. Eating disorders -- like anorexia, bulimia and binge eating -- have reached alarming levels on campuses nationwide, affecting some 600,000 to 840,000 undergraduates.

A recent poll of 500 college students found that more than half of the young women knew at least two schoolmates with an eating disorder.

Eating Disorders Awareness Week at The University of Montana, Feb. 12-19, aims to strike at the heart of eating disorders by helping students move toward self-acceptance. A week of events will focus on celebrating all shapes and sizes with the theme "Every Body's Beautiful!"

A Body Fair on Thursday, Feb. 17, will offer a chance to enjoy massage, aromatherapy and \$10 tarot card readings, while providing information on nutrition, health, fitness and eating disorders. The Body Fair takes place from 11 a.m. to 2 p.m. in the University Center atrium.

A "Great Jeans Giveaway" will be held throughout the week, with the slogan "Don't fight your genes, just change your jeans!" The public is encouraged to donate clothes that no longer fit to charity. Drop boxes will be located in the UC, the Lodge and residence hall lobbies.

-more-

"I think this is a positive way to bring up a very important issue," said Laura Del Guerra, UM registered dietitian. "Rather than preaching about eating disorders, a subject that we already know a great deal about, we are putting the emphasis on starting to accept yourself as you are."

Confidential eating disorders screenings will be available Monday through Friday. Anyone worried about their own or someone else's eating problems may call 243-2315 to set up an appointment.

Eating Disorders Awareness Week is presented annually by the UM Eating Disorders Task Force.

###

MH/ps
Local
EDAW.rl