

Longwood  
University



# Stall News

February

2010

## UPCOMING EVENTS

Feb 21-27	<b>National Eating Disorders Awareness Week</b>
Feb 21	<b>NEDA Week Clothing Drive Kick-Off!</b>
Feb 27	<b>Mind &amp; Body Challenge</b> 9am-12pm @ <b>LU Ropes Course</b> (email if interested)
Feb	<b>American Heart Month</b>
March	<b>National Nutrition Month</b>

For more information or to request reasonable accommodations please contact  
*Sasha Gregory at*  
gregoryss@longwood.edu

### Factoids:

- Eating disorders are more common than Alzheimer's disease (10 mil. v 4 mil. affected)
- Anorexia nervosa has the highest premature mortality rate of any psychiatric disorder.
- Approximately 10% of eating disordered individuals coming to the attention of mental health professionals are male.

## Healthy Body Awareness

*Be comfortable in your GENES.  
Wear JEANS that fit the true you.  
Donate those that don't!*

NEDA Donation bins will be located in residential and campus buildings. All proceeds will benefit Madeline's House.

SO!

What is an eating disorder?

- Anorexia Nervosa**-self-starvation and excessive weight loss
- Bulimia Nervosa**-secretive cycle of binge eating followed by purging
- Binge Eating Disorder/ Compulsive Over-eating**-uncontrolled, impulsive, or continuous eating beyond the point of feeling comfortably full

OKAY AND...  
How does this effect me?

- Body**
  - osteoporosis
  - heart problems
  - brain abnormalities
  - death
- Mind**
  - express psychological problems through behaviors with food
  - depression/anxiety
  - obsessive-compulsive disorder
  - alcohol and/or drug abuse

- 3. SPIRIT**
  - relationships suffer!



Picture source: photbucket.com

IS THERE HELP?  
You betcha!

- 1. Tell** a friend, relative or counselor.
- 2. Find** a treatment that works for you. Anything from in-patient centers to self help books. Both the **Student Health and Wellness and Counseling Centers** are a great place to find help; please call **434.395.2102 or 2409.**
- 3. Attend** support groups that fit your needs or work with the Counseling Center to start one!
- 4. Commit** to becoming healthier, keep a journal to help you along your recovery.

## In other news . . .

February is **American Heart Month**. A healthy heart comes from a healthy body,

Eating and exercising correctly will greatly increase the amount of time your heart keeps beating!

So don't be a victim of cardiovascular disease, the **Nation's**

**#1 killer**, and instead maintain that healthy lifestyle.

Visit the © American Heart Association website to learn more: [www.americanheart.org](http://www.americanheart.org)



**HAVE YOU HEARD?**

Virginia ABC announces its second annual PSA Challenge, a statewide video competition with prizes of \$1,500, \$500 and \$300 for your school. Entries are due February 26, 2010!

FMI: [www.abc.state.va.us/Education/psachallenge/psa1.html](http://www.abc.state.va.us/Education/psachallenge/psa1.html)

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