

The goal of National Eating Disorders Awareness Week (#NEDAwareness Week) is to put the spotlight on the seriousness of eating disorders and to improve public understanding of their causes, triggers and treatments. By increasing awareness and access to resources, we can encourage early detection and intervention, which can improve the likelihood of full recovery for millions.

## **2015 THEME: I HAD NO IDEA**

This year the National Eating Disorders Association is focusing on the importance of early intervention and recognizing the diverse experiences of people personally affected by disordered eating. Too often, signs and symptoms are overlooked as insignificant behaviors when in fact many of these are early warning signs of eating disorders. Each day during #NEDAwareness Week, we will be targeting a different audience with information, resources and help.

## **WHY EARLY INTERVENTION AND PREVENTION MATTERS**

If someone is exhibiting signs or thoughts of struggling with an eating disorder, intervening during the early stages of development can significantly increase the likelihood of preventing the onset of a full-blown eating disorder. It also leads to greater chances of a full recovery. It can prevent years of struggle and can even save lives. A key goal of NEDAwareness Week is to direct individuals to a free online screening for eating disorders at [MyBodyScreening.org](http://MyBodyScreening.org).

## **HOW CAN I GET INVOLVED OR RAISE AWARENESS?**

Educating yourself and those around you about eating disorders is a great way to get involved. Correcting myths and spreading awareness about the facts are important steps to eating disorder prevention. Visit [NEDAwareness.org](http://NEDAwareness.org) to review information about how eating disorders develop and why they are so complex, as well as finding out how you can be proactive in recognizing contributing factors and being a part of the fight against these life threatening illnesses.

## **HELP IS AVAILABLE, AND RECOVERY IS POSSIBLE.**

While eating disorders are serious, potentially life-threatening illnesses, help is available and recovery is possible. It is important for those affected, and their loved ones, to remember that they are not alone in their struggle. Others have recovered and are now living healthy fulfilling lives. Let the National Eating Disorders Association (NEDA) be a part of your support network. NEDA has information and resources available via our website and helpline: [www.NationalEatingDisorders.org](http://www.NationalEatingDisorders.org), NEDA Helpline: 800-931-2237.