

# Southwest Michigan Eating Disorders Association

[www.swmichiganeatingdisorders.org](http://www.swmichiganeatingdisorders.org)  
[www.kalamazooeatingdisorders.org](http://www.kalamazooeatingdisorders.org)

Sources of Information and Help  
(Book links are to Amazon.com)

- [Help Your Teenager Beat an Eating Disorder by James Lock & Daniel Le Grange](#)
- [Full Mouse, Empty Mouse by Dina Zeckhausen, Ph.D.](#)
- [I'm Like So Fat! Helping Your Teen Make Healthy Choices About Eating and Exercise in a Weight Obsessed World by Dianne Neumark-Sztainer](#)
- [Surviving an Eating Disorder: Strategies for Families and Friends by Michelle Siegel, Judith Brisman, & Margot Weinschel](#)
- [Parents Guide to Eating Disorders by Marcia Herrin & Nancy Matsumoto](#)
- Dr. Reddy's page on eating disorders <http://www.drreddy.com/eatingdisorders/>
- National Eating Disorders Association: [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)
- Something Fishy Website on Eating Disorders: [www.somethingfishy.org](http://www.somethingfishy.org)
- Gurze Books <http://www.gurze.com>

Partners for Eating Disorders Awareness events include: Remuda Ranch, WMU's Marketing Dept., Dept. of Soc. Work, and Dept. of Occupational Therapy, Department of Health Promotion and Education at Sincuse health Center, and Kalamazoo College's Peer Health Educators and Student Health Services.

# The Tiger in the Jungle: Identifying Eating Disorders

Volume 18

February 2011

## Media Savvy Viewers

Eating Disorders Awareness "Week" was kicked off with an amazing production "Food Prisons." Now we turn our attention to looking at how our society portrays beauty. Darryl Roberts documentary film, "*America the Beautiful*," explores the fashion industry, our current cultural standards of beauty, and how this effects our youth. Though the film focuses on the perception of beauty and its effect on youth, it leads into the extremes that help trigger and promote eating disorders. Consequently, after the movie, a panel of professionals will be fielding questions and facilitating discussions related to eating disorders and behavior depicted in the film.

"*America the Beautiful*," (PG-13) showings..

Feb. 17th, 2011 at 7pm—  
The Little Theatre, WMU  
(for college students and adults)

Feb. 26th, 2011 at 1pm—  
The Recital Hall, The Fine Arts Bldg, Kalamazoo College (for families and younger students)

Please encourage your students, faculty and staff to attend one of the two remaining community outreach events planned for February, 2011. You may reproduce the attached flyers.

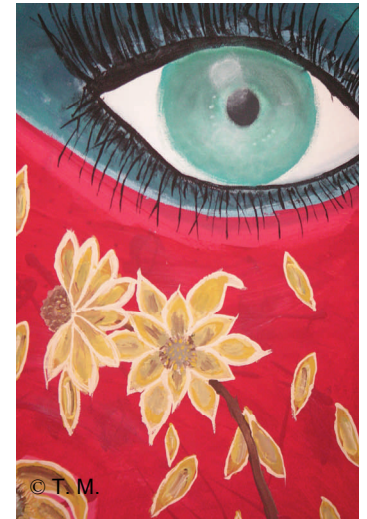


## For a class or home activity...

A Critical Viewing Activity:

1. Use a recording of your favorite TV program or movie (can also be done with magazines, Internet ads, etc.).
2. Make a guess about how many advertisements you will see during the program.
3. Watch the program and pause it each time you see a product logo displayed.
4. Make a list of how many times you paused the tape and which products you identified.
5. Then count the number of ads you actually see. Compare your number with the actual number or the numbers of other players.
6. What products/services are being sold? What are the ads saying to you?

For more ideas go to NEDA's website.



## "Full Mouse, Empty Mouse: A Tale of Food and Feelings"

As an extension of Eating Disorders Awareness Week, SMEDA members will be available to read the story "*Full Mouse Empty Mouse: A Tale of Food and Feelings*" by Dina Zeckhausen to third-grade classrooms in the month of March, 2011.

This book discusses how mice siblings incorrectly use food to cope with stress in their lives. It provides a basis for further discussion by one of our professionals that may include pubertal changes, healthy ways to cope with stress and the importance of communication within the family. If you would like to schedule a reading, please contact us at

mouse at [swmichiganeatingdisorders.org](http://swmichiganeatingdisorders.org)