

TOPIC: IN SUPPORT OF EATING DISORDERS AWARENESS, PREVENTION, AND EDUCATION

SUBMITTED BY: MedCentral College of Nursing Student Nurses Association, Ohio

WHEREAS: an estimated 8 million Americans have an eating disorder. South Carolina Department of Mental Health, 2006, pg. 2); and

WHEREAS: eating disorders have been known to affect individuals as young as seven and beyond the age of sixty. (Cole, 2007, pg. 76); and

WHEREAS: anorexia nervosa is associated with these serious health consequences:

amenorrhea, abnormally slow heart rate, low blood pressure, severe dehydration, reduction of bone density, muscle loss, hair loss, dry skin, growth of lanugo, and death, (National Eating Disorders Association, 2005), (American Psychiatric Publishing, Inc., 2008c, pg 2), (American Psychiatric Publishing, Inc., 2008a, pg. 3-4), (Fairburn & Harrison, 2003, pg. 411-412), (American Dietetic Association, 2006, pg. 2076-2077), (Katzman, 2005, pg. S52-S55), (Williamson, Martin, & Stewart, 2004, pg. 1076); and

WHEREAS: bulimia nervosa is associated with electrolyte imbalances, irregular heartbeats, heart failure, gastric rupture, peptic ulcers, pancreatitis, tooth decay, and death (National Eating Disorders Association, 2005), (American Psychiatric Publishing, Inc., 2008d, pg. 3-4), (American Psychiatric Publishing, Inc., 2008b, pg. 4), (Fairburn & Harrison, 2003, pg. 411), (Broussard, 2005, pg. 43), (Williamson, Martin, & Stewart, 2004, pg. 1080); and

WHEREAS: binge eating is associated with obesity, high blood pressure, high cholesterol and triglyceride levels (National Eating Disorders Association, 2005), (Fairburn & Harrison, 2003, pg. 411), (American Dietetic Association, 2006, pg. 2079),

(Jenkins, 2007, pg. 19), (Williamson, Martin, & Stewart, 2004, pg. 1083).

Therefore be it

RESOLVED: that the National Student Nurses' Association (NSNA) support eating disorder awareness, prevention, and education; and be it further

RESOLVED: that the NSNA encourage its constituents to contact their elected representatives, requesting support of the passage of legislation regarding eating disorders awareness, prevention, and education; and be it further

RESOLVED: that the NSNA emphasize to its constituents the importance of involvement in the legislative process to enact change related to eating disorder awareness, prevention, and education through published articles *Imprint* and on the NSNA website, if feasible; and be it further

RESOLVED: that the NSNA send a copy of this resolution to the American Academy of Family Physicians, the American Nurses' Association, the Center of Disease Control and Prevention, the National Eating Disorder Association, the American Psychiatric Nurses Association, the American Academy of Pediatrics, the National Association of Pediatric Nurse Practitioners', the Society of Pediatric Nurses, the American College of Nurse Practitioners, the National Institute of Health, the National Organization for Associate Degree Nursing, the National League for Nursing, the U.S. Department of Health and Human Services, and any other deemed appropriate by the NSNA Board of Directors.

References

- American Dietetic Association. (2006). Position of the american dietetic association: Nutrition intervention in the treatment of anorexia nervosa, bulimia nervosa, and other eating disorders. *Journal of the American Dietetic Association, 106*(12), 2073-2082.
- American Psychiatric Publishing, Inc. (2008a). *307.1 Anorexia Nervosa*. In DSM-IV-TR. Retrieved January 14, 2008 from psychiatryonline
- American Psychiatric Publishing, Inc. (2008b). *307.51 Bulimia Nervosa*. In DSM-IV-TR. Retrieved January 14, 2008 from psychiatryonline
- American Psychiatric Publishing, Inc. (2008c). *Anorexia*. In Textbook of Clinical Psychiatry (chapter 22). Retrieved January 14, 2008 from psychiatryonline
- American Psychiatric Publishing, Inc. (2008d). *Bulimia*. In Textbook of Clinical Psychiatry (chapter 22). Retrieved January 14, 2008 from psychiatryonline
- Broussard, B. B. (2005). Women's experiences of bulimia nervosa. *Journal of Advanced Nursing, 49*(1), 43.
- Cole, J. (2007). Recognize a patient with an eating disorder. *Review of Optometry, 76-80*.
- Fairburn, C. G., & Harrison, P. J. (2003). Eating disorders. *The Lancet, 361*. Retrieved January 14, 2007 from www.thelancet.com
- Jenkins, A. (2007). Binge eating: The hidden disease. *Primary Health Care, 17*(4), 19-20.
- Katzman, D. K. (2005). Medical complications in adolescents with anorexia nervosa: A review of the literature. *International Journal of Eating Disorders, 37*(S1), S52 - S59.

National Eating Disorders Association. (2005). *Health Consequences of Eating Disorders*. Retrieved from www.NationalEatingDisorders.org

South Carolina Department of Mental Health. (2006). *Eating disorder statistics*. Retrieved on March 25, 2008 from <http://www.state.sc.us/dmh/anorexia/statistics.htm>.

Williamson, D. A., Martin, C.K., Stewart, T. (2004). Psychological aspects of eating disorders. *Best Practice & Research Clinical Gastroenterology*. 18(6), 1073–1088.