Prevention and Early Intervention References


Glamour (September, 2005). *I don’t want to be perfect!* (pp. 172-175). (Aisha Tyler, critiques her photo shoot.)


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Kelly, J. (2002). Dads and daughters: How to inspire, understand, and support your daughter when she’s growing up so fast. New York: Broadway Books.


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Websites

NCAA (Handbook for Coaches re: Female Athlete Triad)
Managing the Female Athlete triad: NCAA Coaches Handbook (Good Nutrition Promotes Health Enhances Performance) and Quick Guide Reference, 2005.

Female Athlete Triad
www.femaleathletetriad.org
Official website of the Female Athlete Triad Coalition. Provides information re: identification, management, treatment and prevention of the triad.

Destructively Fit
http://www.destructivelyfit.com
This website provides information to assist fitness professionals in understanding eating disorders and how to approach individuals who seem at risk. A three-hour course is available by contacting Jodi Rubin ACSW, LCSW, the founder of the website and course. The course is endorsed by the American Council on Exercise and National Academy of Medicine of Sports Medicine.

National Eating Disorders Association NEDA  www.nationaleatingdisorders.org
Extensive information for professionals and lay people regarding prevention and treatment of eating disorders. Also includes information on advocacy, medcal watch activities and referrals. Also see Parent and Educator Tool Kits on this site.

Academy for Eating Disorders  www.aedweb.org
A professional organization for healthcare professionals in the eating disorders field. The academy promotes research, treatment, and prevention of eating disorders.

Eating Disorders Recovery Center of Western New York  www.nyeatingdisorders.org
The Eating Disorders Recovery Center of Western New York (EDRCWNY) is one of three centers supported by the New York State Department of Health. The centers form an integrated network of specialists that provides a full range of comprehensive services for individuals with eating disorders and their families. This website provides information about eating disorders, contact information for referral to providers and resources within the EDRC of WNY, and events and information relevant to the lay public and those who serve people with eating disorders and their families.

Proud 2 B Me  www.Proud2bme
Proud 2 B Me is an online community created by and for teens. It covers everything from fashion and beauty to news, culture, and entertainment – all with the goal of promoting positive body image and encouraging healthy attitudes about food and weight. It was first launched in the Netherlands by Riverduinen, a mental health organization that has licensed the concept to the National Eating Disorders Association. Proud 2 B Me is the NEDA teen website.

Body Image 3-D  http://bi3d.tridelta.org/Home
Tri Delta launched BodyImage3D® in 2012 as a multi-dimensional approach to body image awareness and education. This ongoing initiative encourages a more well-rounded, in-depth body image by focusing on three key components: healthy mind, healthy body and healthy spirit.

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Operation Beautiful  [www.operationbeautiful.com](http://www.operationbeautiful.com)
The goal of the Operation Beautiful website is to end negative self-talk or “Fat Talk.” This blog aims to help readers realize how truly toxic negative self-talk is — it hurts you emotionally, spiritually, and physically.

Body Positive Website  [www.bodypositive.com](http://www.bodypositive.com)
Promotes positive body image in children, teens and adults.

Body Wise Website  [www.girlpower.gov/girlarea/bodywise/Index.htm](http://www.girlpower.gov/girlarea/bodywise/Index.htm)
Promotes positive body image for girls.

Center on Media and Child Health  [www.cmhc.TV](http://www.cmhc.TV)
The Center on Media and Child Health at Children's Hospital Boston, Harvard Medical School, and Harvard School of Public Health is dedicated to understanding and responding to the effects of media on the physical, mental, and social health of children through research, translation, and education.

Common Sense  [www.commonsensemedia.org/boys-and-body-image-tips#](http://www.commonsensemedia.org/boys-and-body-image-tips#)
Common Sense Media is dedicated to improving the lives of kids and families by providing the trustworthy information, education, and independent voice they need to thrive in a world of media and technology.

Hardy Girls Healthy Women  [www.hardygirlshealthywomen.org](http://www.hardygirlshealthywomen.org)
A nonprofit organization dedicated to the health and well being of girls and women.

About-Face  [www.about-face.org](http://www.about-face.org)
About-Face equips women and girls with tools to understand and resist harmful media messages that affect their self-esteem and body image.

New Moon  [www.newmoon.com](http://www.newmoon.com)
New Moon Girls is an online community and print magazine where girls create and share poetry, artwork, videos, and more; chat together; and learn. All in a fully moderated, educational environment designed to build self-esteem and positive body image.

Gurze Books  [www.bulimia.com](http://www.bulimia.com)
A major publisher of books, newsletters, journals and tapes related to eating disorders. Includes publications authored by consumers and professionals.

Free articles for patients and families.

Dads and Daughters  [www.dadsanddaughters.org](http://www.dadsanddaughters.org)
Strengthens relationships among dads and daughters and provides info and tools to dads that encourage the growth and development of their daughters. Includes a media watch.

Size Acceptance  [www.sizeacceptance.org/bbteens](http://www.sizeacceptance.org/bbteens)
Promotes size acceptance among teens and seeks to eliminate weightism.

Dove Campaign for Real Beauty  [www.dove.us/#/cfrb/](http://www.dove.us/#/cfrb/)
Redefines real beauty and helps free individuals from self-limiting beauty stereotypes.

The Student Body (school prevention program)  [www.aboutkidshealth.ca/thestudentbody](http://www.aboutkidshealth.ca/thestudentbody)

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The Body Project  
www.ori.org/thebodyproject

A cognitive dissonance-based body acceptance intervention designed to help adolescent girls and young women resist socio-cultural pressures to conform to the thin-ideal and reduce their pursuit of thinness. By engaging in a series of verbal, written, and behavioral exercises, in which students critique the thin ideal, they experience decreased subscription to this ideal and decreases in eating disorder risk factors and eating disordered behaviors. The goal is for participants, not the group leaders, to critique the thin ideal. Research confirms this intervention reduces body dissatisfaction, thin-ideal internalization, negative mood, unhealthy dieting, and eating disorder symptoms and decreases the risk for future onset of eating disorders. Additionally it reduces the risk for future onset of obesity, improves psychosocial functioning and reduces mental health care utilization.

Reflections: Body Image Program  
www.bodimageprogram.org

Reflections is a two-day body image program that helps college-age women (developed initially for sorority sisters) resist the ultra-thin, unrealistic ideal standard of female beauty prevalent in today’s society. It uses highly interactive, peer-led, small groups. It does not focus on eating disorders; rather it emphasizes creating and reaffirming positive and healthy personal body image through a variety of structured discussions, activities and exercises.

New Moves  
www.newmovesonline.com

A school-based physical education program developed and tested by Dianne Neumark-Sztainer using funding from NIH. The primary component of the New Moves program is an all-girls physical education class, supplemented with activities aimed at improving eating patterns, body image, and self-image. New Moves strives to provide an environment in which girls feel comfortable being physically active, regardless of their size, shape or skill level.

Better School food  
www.betterschoolfood.org

Raises awareness of the connection between food and children's health, behavior and learning.

Food Systems Solutions, LLC  
F. ChefKate@nyc.rr.com

Kate Adamick, president of Food Systems Solutions LLC, is a New York City-based consultant specializing in institutional meal reform, including comprehensive farm-to-cafeteria programs as a way to improve institutional food and aid in developing local and sustainable agriculture systems.

Two Angry Moms  
www.twoangrymoms.org

Project re: improving school lunches including “Two Angry Moms film.”

Rudd Center for Food Policy and Obesity – Weight Bias and Stigma  
http://www.yaleruddcenter.org/what_we_do.aspx?id=10

One of the nation’s most effective nonprofits working on nutrition policy, the Rudd Center is a leader in conducting cutting edge research to inform pressing public policy issues and its work is widely used by policy makers and health advocates.

Project EAT  
http://www.sphresearch.umn.edu/epi/project-eat

Aims to identify the socio-environmental, personal, and behavioral determinants of nutritional intake and weight status among a large and ethnically diverse adolescent population.

Media Resources:

No Fat Talk Week (October each year)  
www.bodyimageprogram.org

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Do You Think I’m Fat? You Tube

Movie: *Real Women Have Curves*

Tough Guise: Violence, Media
And the Crisis in Masculinity

Killing Us Softly 4
Advertising’s Image of Women

Reviving Ophelia
Saving the Selves of Adolescent Girls

Slim Hopes: Advertising and the
Obsession with Thinness

www.youtube.com/watch?v=ESQlryualZ4

www.mediaed.org
(Media Education Foundation)

www.mediaed.org
(Media Education Foundation)

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NATIONAL ORGANIZATIONS AND RESOURCES REGARDING EATING DISORDERS

National Eating Disorders Association NEDA
603 Stewart St., Suite 803, Seattle, WA 98101
Business Office: (206) 382-3587
Toll-free Information and Referral Helpline: (800) 931-2237
info@NationalEatingDisorders.org

Anorexia Nervosa and Related Eating Disorders, Inc. (ANRED)
P.O Box 5102
Eugene, OR 97401
(503-344-1144)

National Association of Anorexia Nervosa and Associated Disorders, (ANAD) Inc., P. O. Box 7, Highland Park, IL 60035 (847-831-3438)

Academy for Eating Disorders
60 Revere Drive, Suite 500
Northbrook, IL 60062
(847-498-4274)

Eating Disorders Coalition for Research, Policy & Action
611 Pennsylvania Avenue SE #423
Washington, DC 20003-4303
(202-543-9570)

Eating Disorder Referral and Information Center
International Eating Disorder Referral Organization
2923 Sandy Pointe, Suite 6, Del Mar, CA 92014-2052
Fax: 775-261-9364

Bulimia Nervosa Resource Guide for Family and Friends

Eating Disorders Recovery Center of Western New York

The Healing Connection Inc.

The National Association for Males with Eating Disorders, Inc.

Families Empowered and Supporting Treatment of Eating Disorders (F.E.A.S.T.)
Maudsley Parents www.info@maudsleyparents.org
Proud 2 B Me www.Proud2bme
Common Sense www.commonsensemedia.org/boys-and-body-image-tips#
The Dad Man www.thedadman.com
Andrea’s Voice www.andreasvoice.org
Ophelia’s Place www.opheliasplace.org
Hardy Girls Healthy Women www.hardygirlshealthywomen.org
About-Face www.about-face.org
Something Fishy Eating Disorders Website www.something-fishy.org
Body Image 3D http://bi3d.tridelta.org/Home
Operation Beautiful www.operationbeautiful.com
Body Positive Website www.bodypositive.com
New Moon www.newmoon.com
Dove Campaign for Real Beauty www.dove.us/#/cfrb
Voices not Bodies www.voicesnotbodies.org
Perfect Illusions www.pbs.org/perfectillusions/index.html
At Health www.athealth.com/Add_eatingdisorder.html
Center on Media and Child Health www.cmhc.TV
Gurze Books www.bulimia.com
P.O. Box 2238, Carlsbad, CA 92018
Self Help Website www.myselfhelp.com
VIDEOS REGARDING EATING DISORDERS

Academy for Eating Disorders  www.aedweb.org/
(Parents Do Not Cause Eating Disorders)

The following are also found on:  http://maudsleyparents.org/videos.html

- Brain Imaging and Eating Disorders (Walter Kaye MD)  www.vimeo.com/1678383
- Fighting Stigma with Science (Cindy Bulik PhD)  www.vimeo.com/1715091
- AN in Teens: What Parents Need to Know (Katharine Loeb PhD)  www.vimeo.com/6351950
- Eating Disorders in Teens (Daniel Le Grange PhD)  www.vimeo.com/2408156
- Understanding Eating Disorders (Thomas Insel MD, NIH)  www.vimeo.com/6399719
- Cognitive Styles in Eating Disorders (James Lock MD, PhD)  www.vimeo.com/6706759
- Family-Based Treatment for Young Adults  http://maudsleyparents.org/youngadults.html

End Fat Talk Week  www.endfattalk.org
SELECTED READINGS


Mehler, P. S. (2001). Diagnosis and care of patients with Anorexia Nervosa in primary care settings. Annals of Internal Medicine, 134(11), 1048-1058.


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