



SACRAMENTO CITY UNIFIED SCHOOL DISTRICT BOARD OF EDUCATION

Agenda Item# 8.1

Meeting Date: February 16, 2023

Subject: Approve Resolution No. 3307: Recognition of National Eating Disorders Awareness Week February 27 – March 5, 2023

- Information Item Only
- Approval on Consent Agenda
- Conference (for discussion only)
- Conference/First Reading (Action Anticipated: _____)
- Conference/Action
- Action
- Public Hearing

Division: Board Office

Recommendation: Approve Resolution No. 3250 recognizing National Eating Disorders Awareness Week (February 27 - February 27, 2022)

Background/Rationale: National Eating Disorders Awareness Week (NEDAwareness Week) is an annual campaign to educate the public about the realities of eating disorders and to provide hope, support, and visibility to individuals and families affected by eating disorders. NEDAwareness Week 2023 will take place during the week of February 27 – March 5, 2023 with the theme “It’s Time for Change”.

According to the National Association of Anorexia Nervosa and Associated Disorders, over twenty million girls and women and ten million boys and men across the country suffer from clinically significant eating disorders at some point in their lives. Eating disorders affect persons of every race, color, gender, and socioeconomic category and are increasing among people in younger age groups. The best-known environmental contributor to the development of eating disorders is the sociocultural idealization of thinness. Concerns about weight start as young as 6 years of age and persist throughout life. Over one-half of teenage girls and nearly one-third of teenage boys use unhealthy weight control behaviors. At this time, eating disorders have the highest mortality rate of any mental illness. Effective prevention of eating orders is needed. Prevention focuses on learning how to live healthy lifestyles, challenging society’s misleading messages about beauty, developing realistic expectations of self and body image, and accepting one’s physical characteristics.

Financial Considerations: CARES/ESSER funding

LCAP Goal(s): Safe, Emotionally Healthy, and Engaged Students; Family and Community Empowerment

Documents Attached:

1. Resolution No. 3307

Estimated Time of Presentation: 5 minutes

Submitted by: Victoria Flores, Executive Director Student Support
& Health Services

Approved by: Jorge A. Aguilar, Superintendent

**SACRAMENTO CITY UNIFIED SCHOOL DISTRICT
BOARD OF EDUCATION**

RESOLUTION NO. 3307

“Recognition of National Eating Disorders Awareness Week, February 27 – March 5, 2023”

WHEREAS, the week of February 27 – March 5, 2023 is designated as National Eating Disorders Awareness Week “It’s Time for Change” dedicated to raising awareness of eating disorders and how with early detection, intervention, and awareness, we can make a positive difference; and

WHEREAS, according to the National Association of Anorexia Nervosa and Associated Disorders, 28.8 million Americans will have a clinically significant eating disorder at some time in their life. Eating disorders are among the deadliest mental illnesses, second only to opioid overdose. Studies find that 40-70% of individuals with eating disorders also experience symptoms of depression, anxiety or other mood disorders. About 26% of people with eating disorders attempt suicide: and

WHEREAS, eating disorders affect persons of every age, race, size, gender identity, sexual orientation, and socioeconomic background and are increasing among people in younger age groups. Concerns about weight start as young as 6 years of age and persist throughout life. Over one-half of teenage girls and nearly one-third of teenage boys use unhealthy weight control behaviors, such as skipping meals, fasting, smoking cigarettes, vomiting, and taking laxatives: and

WHEREAS, media pressures and genetic, social, and familial factors are all known to be related to eating disorders; and, while eating disorders are treatable when diagnosed early, they are often misunderstood and stigmatized, and pose a public health challenge that must be addressed to the fullest extent; and

WHEREAS, eating disorders can profoundly affect a child’s ability to learn. Eating disorders may cause students to feel irritable, decrease ability to concentrate, focus, listen and process information. Students with eating disorders may have deficiencies in specific nutrients, which has an immediate effect on students’ memory and ability to concentrate. Students may become less active and more apathetic, withdrawn, and engage in fewer social interactions. Eating disorders may impair the immune system and make students more vulnerable to illnesses, leading to increased absenteeism in school. A students’ cognitive function will also be affected by the mental disorders that often coexist with an eating disorder, including anxiety, depression, and obsessive-compulsive disorder.

NOW, THEREFORE, BE IT RESOLVED that the Sacramento City Unified School District Board of Education recognizes the importance of supporting the health and well-being of students and has undertaken efforts, leveraging COVID funds, to expand social-emotional and mental health staffing to address the social, emotional and physical health needs of our students, to raise mental & physical health awareness, and to provide support and resources to students experiencing health challenges and their families.

PASSED AND ADOPTED by the Sacramento City Unified School District Board of Education on this 16th day of February 2023, by the following vote:

AYES: _____
NOES: _____
ABSTAIN: _____
ABSENT: _____

ATTESTED TO:

Jorge A. Aguilar
Secretary of the Board of Education

Chinua Rhodes
President of the Board of Education