

# EDAW aims for body awareness

The Student Health Peer Educators will run a booth this week to inform students about eating disorders

**Aimee Rudin**  
Family/Health/Education Reporter

Monday marked the first day of National Eating Disorder Awareness Week, a time for people to learn more about diseases such as anorexia nervosa, the No. 1 killer of all psychological disorders.

The Student Health Peer Educators will staff a booth in the EMU to provide information about eating disorders throughout the week, and the University Counseling and Testing Center has posted educational bulletin boards in student residence halls.

This year's EDAW theme is "Listen to Your Body," and focuses on tips for eating a healthy balance of foods, recognizing personal hunger needs, and accepting the natural diversity of body shapes and sizes.

Dr. Brooks Morse, staff psychologist and eating disorder specialist at the counseling and testing center, said she hopes this year's EDAW will help students learn to listen to their body's messages and needs, rather than focusing on numbers on a scale.

"Health is based on more than

numbers and weight — it's more complicated than that," Morse said. "Women and men need to be more aware of their overall health. Weight is the No. 1 thing people look at as far as health, but there are many other factors that determine if someone is healthy or not."

The National Eating Disorders Association estimates 5 to 10 million post-pubescent girls and women and one million post-pubescent boys and men struggle with eating disorders including anorexia, bulimia, binge eating disorder or borderline conditions. Most of these cases go unidentified and untreated.

"I think that many people believe that eating disorders are diagnosed by body appearance and that if (someone) doesn't look a certain way, very thin for example, they do not have an eating disorder," Morse said. "This is one of the reasons that Eating Disorders Awareness Week is so important. Many people may have characteristics of an eating disorder and do not know it." Eating disorders often develop during times of transition with peak onset occurring during puberty and lasting into early adulthood, according to University counselors. The move from high school to college may often be enough to trigger an eating disorder in an individual that is already dealing with disor-

## Common eating disorder symptoms

Anorexia Nervosa is characterized by self-starvation and excessive weight loss.

Symptoms include:

- Refusal to maintain a weight at or above the minimally normal weight for height and age
- Intense fear of weight gain
- Distorted body image
- Loss of three consecutive menstrual periods (in women only)

Bulimia Nervosa is characterized by a secretive cycle of binge eating followed by purging.

Symptoms include:

- Repeated episodes of bingeing and purging
- Purging after a binge (vomiting, use of laxatives, diet pills, diuretics, excessive exercise or fasting)
- Frequent dieting

Binge Eating Disorder is characterized by episodes of binge eating but without compensatory behaviors such as purging, fasting or excessive exercise.

Source: National Eating Disorders Association

dered eating — skipping meals, depression or the like.

"Eating or not eating becomes a way of coping," University Counselor and Eating Disorder Specialist Lori Bernstein said. "At the counseling center, we take an individual approach and work with students to help bring a stronger sense of self and discover new and more effective ways of coping with many of the overwhelming feelings that come up as we mature."

If you notice a friend with symptoms or warning signs of an eating

disorder, it is important to approach them openly and honestly about your concerns, according to an Eating Disorders Awareness and Prevention Inc. spokeswoman. Don't try to force anyone to change his or her behavior.

For more information about eating disorders or EDAW, contact the University Counseling Center at 346-3227 or the National Eating Disorders Association at (800) 931-2237.

Contact the reporter at aimee.rudin@dailymerald.com.

# NSU to present wide range of resources

The fair highlights resources and opportunities available for nontraditional students while helping form connections

**Chelsea Duncan**  
Freelance Reporter

The Nontraditional Student Union will host a resource fair today and Wednesday from 11 a.m. to 2 p.m. on the EMU Concourse to expose students, especially nontraditional students, to services and resources available to them.

Representatives from various campus organizations, including the Women's Center, Academic Learn-

ing Services, Academic Advising and the Spencer View Co-op Family Center, will have information tables at the fair, which is titled "The Faces of Nontraditional Students." The event will display what NSU Director Steven Burns called "our rainbow of support" for nontraditional students.

"We get connections with people who are willing to help," he said.

Students can get information about student services and schedule appointments with service providers. The event will also feature pictures of nontraditional students as well as some of their artwork.

Senior Frances Bonner said she will exhibit her artwork, including a

bracelet, drawings and sculpture. She said the NSU has aided her journey toward graduation with services like free tutoring in math and writing. As a nontraditional student, she said she is glad she took her time in school because it allowed her to figure out what she wanted to get out of the University.

"I was able to explore and find out what I really wanted to do," Bonner said.

Brenda Tuomi, coordinator of nontraditional student programs at the Office of Student Life, said the resource fair will allow nontraditional students to meet faculty, staff and other students, and vice versa.

"It makes their experience here on campus better," she said.

She said nontraditional students, who are generally older than 24, have jobs, caretaker responsibilities and may be married, do not realize there are many others like them on campus. According to Burns, the NSU, located on the ground floor of the EMU, was formed about 10 years ago to respond to these needs.

If students feel they are nontraditional, they can fill out a self-identification card found in the NSU office and get connected with other students like them.

Chelsea Duncan is a freelance writer for the Emerald.

## Spring 2003 Classes

<b>Business</b>	<b>English</b>
BA 410	ENG 408
CRN: 30655	CRN: 31721
2:00 - 3:50 U	2:00 - 3:50 H
<b>Biology</b>	<b>Journalism</b>
BI 407	J 399
CRN: 30780	CRN: 32368
10:00 - 11:50 H	4:00 - 5:20 W
<b>Chemistry</b>	<b>Physics</b>
CH 408	PHYS 408
CRN: 30951	CRN: 33822
10:00 - 11:50 H	10:00 - 11:50 U
<b>Exercise &amp; Movement Science</b>	<b>All Majors</b>
EMS 408	PPPM 410
CRN: 31625	CRN: 33871
10:00 - 11:50 H	10:00 - 11:50 U
<b>Environmental Studies</b>	<b>Psychology</b>
ENVS 407	PSY 410
CRN: 31785	CRN: 35216
10:00 - 11:50 F	2:00 - 3:50 M
	<b>Sociology</b>
	SOC 410
	CRN: 34219
	2:00 - 3:50 W

## A GOOD MATCH



Who would you choose as your mentor?

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