

CONNECTION

EATING DISORDER RECOVERY HAPPENS THROUGH CONNECTION



EATING DISORDER AWARENESS WEEK

The prevalence of all types of eating disorders has skyrocketed during the pandemic as individuals have faced unprecedented levels of ongoing uncertainty, anxiety, and isolation.

During the pandemic, the National Eating Disorder Association helpline has reported a huge 40% increase in call volume. This dramatic increase in eating disorder prevalence places a new level of importance on Eating Disorder Awareness Week, occurring Feb 21 -27. The first step toward recovery is awareness of eating disorder symptoms, which are misunderstood and plagued with myths. Awareness and early intervention increase the probabilities of a full recovery and repair of physical consequences resulting from the eating disorder.

The San Antonio eating disorder treatment community is working hard to provide mental health professionals and physicians with information to help guide patients toward timely and appropriate care. The San Antonio Chapter of the International Association of Eating Disorder Professionals (iaedp) offers continuing education for mental health professionals and dietitians on eating disorder topics every quarter and will offer an all-day eating disorder symposium on September 16. [Click here to continue to iaedp San Antonio web site.](#)

Esperanza's Susan C. Mengden, PhD, CEDS-s provided a series of presentations to mental health and medical agencies in 2021 focused on the identification of eating disorders and the importance of the appropriate level of care. This year she will continue community education events with *Recognizing Eating Disorders and Utilizing Effective Treatment Modalities*.

"I am passionate about educating our community about diagnosis and treatment of eating disorders," Mengden said. "I know that recovery is possible and that early intervention makes the possibility of recovery even higher. Eating disorders are given little attention in medical schools and counseling programs, so continuing education for professionals is critical for eating disorder care in the community to improve and expand."

To schedule Dr Mengden to present at your agency, contact Beth Confer, Esperanza's Director of Outreach at BethC@EsperanzaEDC.com. Presentations range from 1-3 hours and continuing education units can be awarded upon request for LPC, LCSW, LMFT, PhD and PsyD licenses. Content will be tailored to the professional credentials of the group.

Connect with Dessimber Daniels at (210) 253-9763 for a telephone screening, insurance benefits review and to schedule a comprehensive, in-person assessment.
www.EsperanzaEDC.com

Eating Disorder Facts

- On average, almost 3 years pass before those experiencing eating disorder symptoms seek help.
- With treatment, 60% of patients make a full recovery. However only 1 in 10 people with an eating disorder will receive treatment.
- About one person dies every hour as a direct result of an eating disorder. (Eating Disorders Coalition, 2016)
- Up to half of the people with an eating disorder misused alcohol or illicit drugs at a rate five times higher than the general population. (National Center on Addiction and Substance Abuse, 2003)
- 3.5% of American women and 2% of men experience binge eating disorder during their lifetime, making binge eating disorder three times more common than anorexia and bulimia combined. (Healthline, 2016)

Esperanza = Hope

