



EATING DISORDERS INITIATIVE

March 1, 2005

Dear Educator:

We are enclosing the latest edition of the BodyWise Eating Disorders Information Packet for School Personnel, developed by the U.S. Department of Health and Human Services, Office on Women's Health (OWH). These materials were initially developed in 2000 over a two-year period by health communications specialists, in partnership with researchers, clinicians, and educators committed to eating disorders education. These packets have been evaluated and found to be effective when used by educators, school nurses, and others who work with middle school-aged girls. Subsequently, a companion packet was created for health care providers.

The BodyWise materials are meant to be copied and distributed to other members of your staff as well as to parents of adolescents. One of the information sheets, *Jovenes Latinas*, was written for Spanish-speaking parents. We have also created several information sheets on boys and specific ethnic/racial groups to increase the awareness of eating disorders and disordered eating among these populations.

In addition, the Office on Women's Health will be launching an obesity prevention initiative later this year that will be targeted to parents of middle school-aged girls. *BodyWorks: A Toolkit for Healthy Girls and Strong Women* will provide parents and caregivers of adolescent girls with practical tools and strategies for healthy eating and regular physical activity, including informational materials, a video on healthy shopping and cooking strategies, a recipe book, food and activity diaries, weekly food planners, and more. This kit, which will be distributed through the 10 OWH regional offices, will also be available on our website, www.4woman.gov, later this year.

We hope the BodyWise packet is useful for students at your school. Thank you for your interest and support of this initiative. If you have comments or questions on this project, please feel free to email me at jrowe@osophs.dhhs.gov.

Sincerely,

A handwritten signature in black ink that reads "Jonelle C. Rowe, M.D." in a cursive style.

Jonelle C. Rowe, M.D.

Senior Advisor for Adolescent Women's Health

