



SACRAMENTO CITY UNIFIED SCHOOL DISTRICT BOARD OF EDUCATION

Agenda Item# 9.1

Meeting Date: February 15, 2024

Subject: Approve Resolution No.3388 Recognition of National Eating Disorders Awareness Week February 26 – March 3, 2024

- 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. 3388 Recognizing National Eating Disorders Awareness Week (February 26 - March 3, 2024)

Background/Rationale: Eating Disorders Awareness Week is an annual campaign to educate the public about eating disorders and to engage in efforts to provide hope and to engage support for individuals and families affected by eating disorders. Eating Disorders Awareness Week 2024 is taking place Monday, February 26 – Sunday, March 3, 2024.

According to the National Association of Anorexia Nervosa and Associated Disorders, 77% of children and adolescents as young as 12 dislike their bodies, and 45% say they are regularly bullied about how they look, and weight-related teasing is a primary way kids are bullied, and kids in bigger bodies are significantly more likely to be bullied than their smaller-bodied classmates. Eating disorders affect persons of every race, color, gender, and socioeconomic category 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. At this time, eating disorders have the second highest mortality rate of all mental health disorders, surpassed only by opioid use disorder, and eating disorders carry an increased risk for both suicide and medical complications.

Eating disorders can have profound effects on cognitive and emotional functioning and may have a negative impact on student behavior and school performance. Eating disorders can decrease the ability to concentrate and focus, make students less active and more apathetic, and lead them to be withdrawn, and engage in fewer social interactions. The chance for recovery increases the earlier an eating disorder is detected, therefore, it is important to be aware of the signs of an eating disorder so that you can identify students who may be in trouble and take steps to get them the help they need as early as possible.

Financial Considerations: CARES/ESSER/Title 1/LCFF funding

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

Documents Attached:

1. Resolution No. 3388

Estimated Time of Presentation: 5 minutes

Submitted by: Jacqueline Garner, Executive Director Student
Support & Health Services

Approved by: Lisa Allen, Superintendent

SACRAMENTO CITY UNIFIED SCHOOL DISTRICT
BOARD OF EDUCATION

RESOLUTION NO. 3388

RECOGNITION OF NATIONAL EATING DISORDERS AWARENESS WEEK
(February 26 to March 3, 2024)

WHEREAS the week of February 26 – March 3, 2024 is designated as National Eating Disorders Awareness Week dedicated to raising awareness of eating disorders and how with early detection, intervention, and awareness, we can make a positive difference.

WHEREAS, according to the National Association of Anorexia Nervosa and Associated Disorders, 77% of children and adolescents as young as 12 dislike their bodies, and 45% say they are regularly bullied about how they look, and weight-related teasing is a primary way kids are bullied, and kids in bigger bodies are significantly more likely to be bullied than their smaller-bodied classmates, and.

WHEREAS, eating disorder affect people of all genders, ages, races, religions, ethnicities, sexual orientations, body shapes, and weights and are increasing among people in younger age groups, including children as young as 7 years of age; and,

WHEREAS, it is recognized that media pressures and genetic, social, and familial factors are all 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 are serious, potentially life-threatening conditions that have the second highest mortality rate of all mental health disorders, surpassed only by opioid use disorder; and,

WHEREAS, eating disorders often co-occur with other mental health disorders such as depression, anxiety, and substance abuse, and may result in long-term physical and psychological consequences; and carry an increased risk for both suicide and medical complications; and,

WHEREAS, eating disorders can have profound effects on cognitive and emotional functioning and may have a negative impact on student behavior and school performance. Eating disorders can decrease the ability to concentrate and focus, make students less active and more apathetic, and lead them to be withdrawn, and engage in

fewer social interactions. Understanding some of the ways an eating disorder can affect cognitive function may help educators to recognize that a student may be struggling; and,

WHEREAS, prevention, early detection and intervention significantly improve the chances of full recovery from eating disorders, highlighting the importance of raising awareness, promoting education, and reducing stigma surrounding these illnesses, is critical in order to encourage students suffering from eating disorders to be referred to and get early access to care.

THEREFORE, BE IT RESOLVED, that the Sacramento City Unified School District Board of Education hereby recognizes National Eating Disorder Awareness Week and support efforts to raise awareness about eating disorders, including providing educational resources to students, families, and staff; and and encourage open dialogue about mental health, including eating disorders, to reduce stigma and increase access to support and resources.

BE IT FURTHER RESOLVED, the Sacramento City Unified School District Board of Education recognizes the importance of supporting the health and well-being of the whole child through expanding social-emotional and physical and mental health staffing to address the needs of our students and to provide support and resources to students experiencing mental health challenges such as eating disorders.

PASSED AND ADOPTED by the Sacramento City Unified School District Board of Education on this 15th day of February, 2024, by the following vote:

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

Lisa Allen
Secretary of the Board of Education

Lavinia Phillips
President of the Board of Education