



SACRAMENTO CITY UNIFIED SCHOOL DISTRICT BOARD OF EDUCATION

Agenda Item# 10.1

Meeting Date: February 20, 2025

Subject: Approve Resolution No.3477 Recognition of National Eating Disorders Awareness Week February 24 – March 2, 2025

- 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. Recognizing National Eating Disorders Awareness Week (February 24 - March 2, 2025)

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 2025 is taking place Monday, February 24 – Sunday, March 2, 2024. National Eating Disorders Awareness Week is dedicated to raising awareness of eating disorders and how with early detection, intervention, and awareness, we can make a positive difference.

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can decrease the ability to concentrate and focus, make students less active and more apathetic, and lead them to be withdrawn, and engage in fewer social interactions.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: N/A

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

Documents Attached:

1. Resolution No. 3477

Estimated Time of Presentation: 5 minutes

Submitted by: Noel Estacio Director of Health Services, Elizabeth
Sterba Director of Student Support Services

Approved by: Lisa Allen, Superintendent

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

RESOLUTION NO. 3477

**Approve Resolution No.3477 Recognition of National Eating Disorders Awareness
Week February 24 – March 2, 2025**

WHEREAS, the week of February 24 – March 2, 2025 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. This is a national campaign to educate the public about the realities of eating disorders and to provide hope and visibility to individuals and loved ones impacted by eating disorders; and

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*,

WHEREAS, eating disorders 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, 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. According to the National Eating Disorders Association- eating disorders have the second-highest mortality rate among mental health conditions, with one person dying from an eating disorder every *52 minutes*; *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 encourage open dialogue about mental health, including eating disorders, to reduce stigma and increase access to support and resources.

NOW, THEREFORE, BE IT 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 supporting 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 20th day of February 2025, by the following vote:

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

ATTESTED TO:

Lisa Allen
Secretary of the Board of Education

Jasjit Singh
President of the Board of Education