



SACRAMENTO CITY UNIFIED SCHOOL DISTRICT BOARD OF EDUCATION

Agenda Item# 7.2

Meeting Date: February 18, 2021

Subject: **Approve Resolution No. 3187: Recognition of National Eating Disorders Awareness Week (February 22 – February 28, 2021)**

- 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. 3187 recognizing National Eating Disorders Awareness Week (February 22 – February 28, 2020).

Background/Rationale: According to the National Association of Anorexia Nervosa and Associated Disorders, over twenty million girls and women and ten million boys and men across the country suffer from clinically significant eating disorders at some point in their lives. Eating disorders affect persons of every race, color, gender, and socioeconomic category and are increasing among people in younger age groups. At this time, eating disorders have the highest mortality rate of any mental illness. Effective prevention of eating disorders is needed. Prevention focuses on learning how to live healthy lifestyles, challenging society's misleading messages about beauty, developing realistic expectations of self and body image, and accepting one's physical characteristics.

Financial Considerations: None

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

Documents Attached:

1. Resolution No. 3187

<p>Estimated Time of Presentation: 5 minutes Submitted by: Christina Pritchett, Board President Approved by: Jorge A. Aguilar, Superintendent</p>

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

RESOLUTION NO. 3187

“Recognition of National Eating Disorders Awareness Week, February 22 – February 28, 2021”

WHEREAS, the week of February 22th – February 28, 2021 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; and

WHEREAS, according to the National Association of Anorexia Nervosa and Associated Disorders, over 20 million girls and women, and 10 million boys and men across the country suffer from a clinically significant eating disorder at some time in their life, including an estimated 3.6 million women in California alone; and, anorexia, bulimia, and compulsive overeating have the highest mortality rate of any mental illness at 12 times higher than the death rate of ALL other causes of death for girls and women 15 to 24 years old; and

WHEREAS, eating disorders affect persons of every race, color, gender, and socioeconomic category and are increasing among people in younger age groups, including children as young as 7 years of age; and, media pressures and genetic, social, and familial factors are all known to be 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 can profoundly affect a child’s ability to learn. Eating disorders may cause students to feel irritable, decrease ability to concentrate, focus, listen and process information. Students with eating disorders may have deficiencies in specific nutrients, which has an immediate effect on students’ memory and ability to concentrate. Students may become less active and more apathetic, withdrawn, and engage in fewer social interactions. Eating disorders may impair the immune system and make students more vulnerable to illnesses, leading to increased absenteeism in school. A students’ cognitive function will also be affected by the mental disorders that often coexist with an eating disorder, including anxiety, depression, and obsessive-compulsive disorder.

NOW, THEREFORE, BE IT RESOLVED that the Sacramento City Unified School District Board of Education recognizes the importance of supporting the health and well-being of students and will undertake efforts to address the social, emotional and physical health needs of our students, to raise mental & physical health awareness, and to provide support and resources to students experiencing health challenges and their families.

PASSED AND ADOPTED by the Sacramento City Unified School District Board of Education on this 18th day of February, 2021, by the following vote:

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

Christina Pritchett
President of the Board of Education

ATTESTED TO:

Jorge A. Aguilar
Secretary of the Board of Education