

# Obesity in American Youth: Strategies for Overcoming the New Health Crisis

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Sound the alarm – why we need to be concerned!

Consequences of this trend

Keys to increasing awareness in youth

Strategies for formulating a positive dialogue

Using social media for support

Online resources will be provided at the session

## Disorderd Eating in Athletes

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What is disordered eating?

Who's at risk?

Tell-tale signs and less common indicators:

Effect on health and athletic performance:

Long-term consequences of disordered eating:

What you can do to make a difference:

Tools and resources:

Additional handouts provided at the session.

# Anorexia, Bulemia, Obesity & Body Image

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What is body image?

Factors affecting body image:

Culture & society

Internal dialogue & perception

Other

Consequences of poor body image

Body image and eating disorders:

Anorexia

Bulemia

Obesity

Addressing body image concerns in a positive way:

Tools & resources:

Additional handouts provided at the session.