



**HORNET HEALTHY LIVING: VOLUME 12**  
 PLEASE CONTACT YOUR SCHOOL NURSES WITH CONCERNS. WE ARE HERE FOR OUR STAFF, STUDENTS & COMMUNITY!

**NATIONAL EATING DISORDER AWARENESS WEEK Feb 22-Feb 28**

**Signs of Bulimia:**

- Food going missing/binge eating
- Secrecy around eating/eating alone
- Eating lots of food, but not putting on weight
- Disappears after meals to vomit
- scars on fingers/knuckles from repeated forced vomiting
- Use of laxatives, diuretics, enemas

**Signs of Anorexia:**

- Restricting food intake through dieting or fasting
- Exercising excessively
- Preoccupation with food, frequently skipping meals
- Not wanting to eat in public, lying about how much food has been eaten
- Fear of gaining weight, frequent checking in the mirror for perceived flaws, complaining about being fat

**FOOD ISSUES OFTEN GO HAND IN HAND WITH DEPRESSION & ANXIETY.**



If you or someone you love is struggling with an eating disorder, confide in your school counselor, teacher, school nurse, or family physician. For more info VISIT: [WWW.NATIONALEATINGDISORDERS.ORG](http://WWW.NATIONALEATINGDISORDERS.ORG)

**EATING DISORDERS HAVE THE HIGHEST MORTALITY RATE OF ANY MENTAL DISORDER. BUT RECOVERY IS POSSIBLE..... YOU ARE NOT ALONE**