

TOPIC: IN SUPPORT OF INCREASED RESEARCH AND EDUCATION ON EATING DISORDERS THROUGH THE FREED ACT

SUBMITTED BY: University of Maryland School of Nursing, Nursing Student Government Association, Baltimore, MD

WHEREAS, the 2008 NSNA Resolution In Support of Increased Education About Eating Disorder Awareness and Prevention needs update in lieu of the Federal Response To Eliminate Eating Disorders Act, 2009; and

WHEREAS, anorexia nervosa is associated with serious health consequences including abnormally slow heart rate and blood pressure, osteoporosis, muscle loss, severe dehydration, fainting, fatigue, dry hair and skin, growth of lanugo, amenorrhea, and death; and

WHEREAS, bulimia nervosa is associated with electrolyte imbalances, irregular heart beats, heart failure, gastric rupture, peptic ulcers, pancreatitis, tooth decay, and death; and

WHEREAS, binge eating is associated with high blood pressure, high cholesterol, heart disease, diabetes mellitus, and gallbladder disease; and

WHEREAS, in the United States as many as 10 million females and one million males struggle with the devastating effects of anorexia and bulimia and another 25 million suffer from binge eating disorder; and

WHEREAS, eating disorders have the highest mortality rate of any mental illness and is the 3rd most common chronic illness among adolescents; and

WHEREAS, in the United States hospitalization related to eating disorders amongst children younger than twelve surged 119% in seven years; and

WHEREAS, eating disorders cut across color, race, cultural background, sexual orientation and, gender categories; and

WHEREAS, despite its prevalence, there is inadequate research funding for eating disorders; in 2005, research dollars spent on eating disorders averaged \$1.20 per affected individual, compared to \$159.00 per affected individual for schizophrenia; and

WHEREAS, recovery from these disorders is possible, and individuals should not have to suffer or recover alone; and

WHEREAS, the Federal Response to Eliminate Eating Disorders (FREED) Act is the first comprehensive bill that will expand research into prevention and treatment of eating disorders, improve the training and education of health care providers and educators on eating disorders, improve national monitoring and data collection on the prevalence of eating disorders, take steps to prevent eating disorders by developing evidence-based prevention programs, and provide additional avenues for effective and affordable treatment of eating disorders; therefore be it

RESOLVED, that the National Student Nurses' Association (NSNA) and its constituents encourage continued education and research on eating disorders; and be it further

RESOLVED, that the NSNA encourage its constituents to contact their legislators in support of the Federal Response to Eliminate Eating Disorders (FREED) Act, if feasible; and be it further

RESOLVED, that the NSNA publish articles on the FREED Act in *Imprint* and on the NSNA website to educate current nursing students and nurses on its importance, if feasible; and be it further

RESOLVED, that the NSNA send a copy of this resolution to the Academy for Eating Disorders, the Alliance for Eating Disorders Awareness, the American Academy of Child and Adolescent Psychiatry, the American Association of Colleges of Nursing, the American Nurses Association, the American Organization of Nurse Executives, the American Psychiatric Association, the American Psychological Association, the American Psychiatric Nurses Association, the Binge Eating Disorder Association, the Eating Disorders Coalition for Research, Policy & Action, the National Association of Anorexia Nervosa and Associated

Disorders, the National Association for Psychiatric Health Systems, the National Association of Social Workers, the National Council of State Boards of Nursing, the National Eating Disorders Association, the National League for Nursing, the National Organization for Associate Degree Nursing, and any others deemed appropriate by the NSNA Board of Directors.