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**STUDENT GOVERNMENT COUNCIL**  
**SANTA FE COMMUNITY COLLEGE**

June 9, 2008

Academy for Eating Disorders (AED)  
6728 Old McLean Village Drive  
McLean, VA 22101  
(703) 556-9222

**To The Academy for Eating Disorders:**

My name is Michelle Nants and I am writing you, on behalf of the Student Government Council at Santa Fe College, to request funding to help start an eating disorders program on our campus. I am deeply concerned about the lack of resources, help, and awareness in connection with eating disorders on the Santa Fe College Campus in Gainesville, Florida. I am applying for funds to your 3-year *Eating Well College Initiative Program Grant* that was developed to help students on college campuses who have eating disorders.

Every year the number of cases of eating disorders among college students increases. When entering college, people experience many different feelings and emotions. Although college can be a wonderful experience for many people, for others it can be a very stressful time in life. Approximately 15% of woman at college between 17 and 24 years of age have some type of eating disorder ("Eating Disorder Statistics"). A large number of college students are turning to eating disorders as a way to cope (Rockier). Some college students cannot go to their parents for help and hope that they can turn to their college for assistance.

I am writing to you on behalf of members of the Student Government Council at Santa Fe College. We want to see our college develop programs that will help students who suffer from eating disorders. Many of these students suffer in secret and desperately need help to live a balanced life during their college years. I am requesting funds to hire a full-time counselor who will work on the Santa Fe Campus to organize programs for students who have eating disorders. Thank you in advance for considering this proposal.

Sincerely,

Michelle Nants

**Initiating an Eating Disorders Program at Santa Fe College**

Michelle Nants

## TABLE OF CONTENTS

<b>Abstract.....</b>	<b>page 4</b>
<b>Introduction.....</b>	<b>page 5</b>
• <b>Statement of the Problem.....</b>	<b>page 6</b>
• <b>Objective .....</b>	<b>pages7</b>
• <b>Need.....</b>	<b>page 7</b>
• <b>Review of the Literature .....</b>	<b>page 8</b>
• <b>Benefits.....</b>	<b>page10</b>
• <b>Scope.....</b>	<b>page 11</b>
<b>Discussion.....</b>	<b>page15</b>
• <b>Objectives.....</b>	<b>page 15</b>
• <b>Methods.....</b>	<b>page 15</b>
• <b>Timetable.....</b>	<b>page16</b>
• <b>Cost.....</b>	<b>page 16</b>
• <b>Expected results.....</b>	<b>page16</b>
<b>Conclusion.....</b>	<b>page17</b>
<b>References.....</b>	<b>page18</b>

## **Abstract**

The purpose of this proposal is to obtain funding to develop a program for eating disorders at the Santa Fe College. Currently, there are no services for this problem on the Santa Fe campus. Eating disorders are increasing every year on campuses throughout the country. Every campus should have a program in place to help students who suffer from eating disorders or who are at risk for developing an eating disorder. Specifically, I am requesting funds to hire a counselor who specializes in eating disorders and who will begin to develop programs on campus to assist students with this problem.

## Introduction

Each year eating disorders continue to be on the rise among college students (Rockier). When entering college, people experience many different feelings and emotions. Some may feel excited about finally being able to start studying towards the career of their choice and feel hopeful about their future. They may be looking forward to their freedom and a chance to experience independence (Rockier). They may be excited about having a chance to meet people and develop new friendships, the freedom that comes from being away from parents, etc. However, others may not experience those same feelings and may not be ready to enter into such an environment. There are a number of new experiences that college students must face. They often feel pressure to get established socially. Their classes are more difficult, their homework is more intense, and they are often frightened because they are on their own for the first time. On top of everything else, some students have to hold down jobs. Unfortunately too many students develop eating disorders as they are trying to cope with these challenges. Eating disorders can change a person's life and affect the people around him or her. Eating disorders are serious and sometimes life threatening illnesses. There are two different types of common eating disorders: anorexia nervosa and bulimia.

~~X~~ The National Eating Disorders Association defines Anorexia as “a serious, potentially ~~X~~ life-threatening eating disorder characterized by self-starvation and excessive weight loss” ([NationalEatingDisorders.org](http://NationalEatingDisorders.org)).

The word anorexia nervosa means literally nervous lack of appetite. Anorexics, people who suffer from anorexia, are extremely afraid of gaining weight or becoming what they perceive to be fat (Boston College). Bulimia nervosa means literally "ox hunger" (Stice et al. 330). The National Eating Disorders Association defines Bulimia as "a serious, potentially life-threatening eating disorder characterized by a cycle of bingeing and compensatory behaviors such as self-induced vomiting designed to undo or compensate for the effects of binge eating" ([NationalEatingDisorders.org](http://NationalEatingDisorders.org)).

### **Statement of the Problem**

Through my investigation of services at Santa Fe College (SFCC) I have come to find that there are no programs, resources, or help on campus. I know several students on campus who have eating disorders and could not find help. The SFCC needs a full-time counselor who specializes in eating disorders in college students to assist students on campus who suffer from this serious problem.

### **Objective of Proposed Project**

The objective of this project is to begin an eating disorders program at SFCC. There is no help on the SFCC campus for college students dealing with eating disorders. The lack of resources to help and bring awareness about eating disorders is a serious problem for SFCC students. I am requesting funds to support the hiring of a full-time counselor who will work on the Sante Fe Campus to organize programs that will help students who have eating disorders.

## **Need for Proposed Project**

According to recent statistics on eating disorders from the National Institutes of Health approximately 10% of female college students suffer from a clinical eating disorder, over half these students suffer from Bulimia ([NationalEatingDisorders.org](http://NationalEatingDisorders.org)). An estimated 1 in 100 American women binge and purge to lose weight ([NationalEatingDisorders.org](http://NationalEatingDisorders.org)).

According to the Eating Disorders Statistics on Anorexia, Bulimia, and Binge Eating Disorders website “Approximately 5% of women and 1% of men have anorexia nervosa, Bulimia Nervosa, or binge eating disorder. Sixty percent will recover from their eating disorder if they receive treatment for it” (Eating Disorder Statistics).

According to a Student Government Representative there are approximately 16,000 students on campus. If we assume that one half of these students (8,000) are female, and then approximately 800 of them (around 10%) will face some issues or difficulties with eating. Also, males often go undiagnosed with eating disorders. It is also important to keep in mind that these numbers are only representative of students who are easily diagnosed, and do not include those who are suffering in silence from disordered eating.

## Review of the Literature

Eating disorders are a problem on every college campus in our country. According to reports by Lori Henry, who is the feature Writer for the Eating Disorders section of Suite101.com, eating disorders are on the rise on college campuses (Taylor, Lindsay). Also according to the National Eating Disorders Association (2006) the current statistic for eating disorders on campuses is as high as 20% of the student population. (Taylor, Lindsay)

According to reports by Eating Disorders Coalition (EDC), approximately 9,000,000 Americans deal with some type of eating disorder (“Eating Disorder Statistics”). The EDC breaks down the figures as follows:

“Assuming a population of 300,000,000 Americans

1.3 million Women with Anorexia Nervosa

450,000 men with Anorexia Nervosa

2,250,000 women with Bulimia Nervosa

750,000 men with Bulimia Nervosa

5,250,000 women w/ Binge Eating Disorder

3,000,000 men w/ Binge Eating Disorder

Approximately 9,000,000 Americans with an Eating Disorder (some people experience more than one eating disorder at a time)

Scientifically speaking...

Lifetime prevalence of individual eating disorders is 0.6-4.5%.

Lifetime prevalence of anorexia nervosa is .9% in women, .3% in men.

Lifetime prevalence of bulimia nervosa is 1.5% in women, .5% in men.

Lifetime prevalence of binge eating disorder is 3.5% in women, 2.0% in men.”

All is not lost because there are colleges that are helping put a stop to eating disorders among students. According to Lori Henry, if colleges have a center that is equipped to



deal with eating disorders, we should see a decrease in students with eating disorders on campuses (Rockier).

One college, Susquehanna University, is doing its part to educate its students on eating disorders. Students there do visual projects such as making a body image doll that shows men and women what actual size they should be and that the size they visualize in their head is not correct or what the media sees (McCredie and Stump). Susquehanna University also participates in *National Eating Disorder Awareness Week*, Feb 21st-Feb 27<sup>th</sup> as part of their awareness week on campus.

The Susquehanna University program has reported a decrease in eating disorders for students on their campus who are being educated or treated for eating disorders as compared to students with eating problems who did not receive this help (McCredie and Stump). They reported the following about women diagnosed with Eating Disorders:

Of the females with anorexia (16), without treatment 3 of those students will die in their lifetime because of their eating disorder. HOWEVER, with treatment that number drops to less than 1 student who will die as a result of their eating disorder... Of the females with bulimia (66), without treatment 13 of those students will die in their lifetime because of their eating disorder. HOWEVER, with treatment that number drops to 2 students who will die as a result of their eating disorder... 60 % of eating disordered individuals will recover from their eating disorder if they receive treatment for it. (McCredie and Stump)

### **Benefits of the Proposed Project**

If a counselor is available to assist students on the SFCC campus in the activities listed below, I expect that we will see the following benefits:

1. A decrease in those who have eating disorders or who are at risk for developing eating disorders
2. An increase in students understanding that they don't have to go to food to cope with the stresses of life and the stresses of being in college come their way
3. The activities of having these tools to promote awareness and responses to eating disorders will give SFCC students who have eating disorders a sense of community.
4. The support group led by the Counselor will help students know that eating disorders are very life threatening and should not be taken lightly.

### **Scope of the Proposed Project**

Developing an eating disorders program at SFCC is a very large goal. The first step toward achieving this goal is to hire a full-time counselor to develop a campus-wide program with strategies for helping students as a group *rather* than to provide individual one-on-one counseling. Borrowing heavily from three of the ten goals Susquehanna University has established (McCredie and Stump), I propose the following goals for SFCC:

**Goal 1. Educating the campus on the dangers of eating disorders.** The SFCC counselor might have different teachers; students who have recovered from eating

disorders can come out and talk on campus. Coming up with campus programs like what Susquehanna University did, SFCC can replicate some of the activities used at Susquehanna University. Also, the counselor at SFCC can offer a peer support group for those to come and talk about their battles with eating disorders, so students don't feel alone or without hope. This support group can be led by a counselor, but made up of students in various stages of an eating disorder, or people close to them etc.

**Goal 2. Participating in National Eating Disorder Awareness Week, Feb 21st-**

**Feb 27<sup>th</sup>.** The SFCC counselor will provide free information, for resources on and off etc.

**Goal 3. Organizing Residence Hall Talks.** The SFCC will provide education in the residence halls about eating disorders, how to approach a roommate who you suspect has an eating disorder, how to cope with friends or roommates with eating disorders, resources on and off campus, and also how to help students know the physical and psychological health risks that accompany an eating disorder

**Goal 4. Organizing Anonymous Support Groups.** The SFCC counselor will form groups for those suffering from eating disorders where students come together to know that they are not alone.

**Goal 5. Providing Nutritional Programming.** The SFCC will organize counseling on nutrition. The center will have a nutritionist on campus to help plan health weight lost goals (if students are over weight). The nutritionist will help college students plan healthy meals and how to maintain a healthy lifestyle. (Mellin pg 3)

**Goal 6. Providing Literature on Eating Disorders.** The SFCC will direct students to the *Eating Disorders Survival Guide* websites provide information on how to find treatment and how to get your insurance to cover treatment.

<http://www.nationaleatingdisorders.org/nedaDir/files/documents/handouts/EdSurGde.pdf>

Also, literature is available from the *National Association of Eating Disorders* on the following topics:

- Facts and myths about eating disorders.
- Starting a 12-Step program
- Life skills for surviving eating such as grocery shopping
- Community living strategies for healthy relationships
- Cooking strategies
- Exercise/Strength Building workshops.

**Goal 7. Provide Online Screening for At- Risk Behaviors.** The SFCC will set up anonymous screenings, provide immediate feedback, and direct students to the appropriate college resources. In-person screening enables college/university health and counseling centers, professors, student groups and other student affairs professionals the opportunity to educate and screen students for anorexia nervosa, bulimia and binge eating disorder. Similar to community programs, most events are organized like a booth at a health fair with brochures, screening forms, and giveaway items available at a table. People are generally milling around asking questions, viewing the video, completing the screening questionnaire and getting general information. Banners, posters, balloons and food may be available to make the event more inviting. Colleges can provide the

clinicians and administrative staff, secures the physical location for the event, and promote and implement the program. (ANRED )

**Goal 8. Providing information on community resources.** The SFCC counselor will help point students to the phone book or maybe SFCC should come up with their own book with a list of providers in the Gainesville area that deal with eating disorders (ANRED).

**Goal 9. Fundraising.** The SFCC counselor will hold at least one fundraiser per semester in order to finance the supplies that are needed for up-coming semesters. Also, funds can be rising through grant writing. The following associations are sources of funding for eating disorders programs:

- **National Institute of Mental Health (NIMH), NIH, HHS**  
Phone: (866) 615-NIMH (6464)  
Internet Address: <http://www.Nimh.nih.gov>
- **National Mental Health Information Center, SAMHSA, HHS**  
Phone: 1 (800) 789-2647  
Internet Address: <http://www.Mental.health.Org>
- **Academy for Eating Disorders**  
Phone: (847) 498-4274  
Internet Address: <http://www.aedweb.org>
- **National Association of Anorexia Nervosa and Associated Disorders**  
Phone: (847) 831-3438  
Internet Address: <http://www.Anad.org>

- **National Eating Disorders Association**

Phone: (800) 931-2237

Internet Address: <http://www.nationaleatingdisorders.org>

## Discussion

### Timetable

During the 3-year period, the counselor will accomplish goals each semester to help bring awareness to eating disorders and the health risks that students who have these disorders face everyday. A general list of the counselor's goals to be accomplished each semester from spring 2009 through spring 2012 are shown below in the table:

Semester	Goals for Each Semester from 2009-2012
spring 2009	<ul style="list-style-type: none"> <li>• Set up office for the eating disorders program</li> <li>• Advertise the program and lay out the goals and programs planned for the next three years</li> <li>• Will do a full screen for those who have eating disorders, or who are at risk. The counselor will come up with surveys or quizzes to test the students about their knowledge about eating disorders.</li> </ul>
summer 2009	<ul style="list-style-type: none"> <li>• Promote initiatives that support greater community and family awareness of eating by having support groups and encouraged students that there is always hope at the end of the tunnel.</li> <li>• Gather pamphlets together</li> </ul>
fall 2009	<ul style="list-style-type: none"> <li>• Start a nutrition classes for students who want to lose weight but don't know how to shop for the right foods, and also for students who are limited income.</li> <li>• Include training modules on eating disorders in the undergraduate and postgraduate training of health professionals</li> </ul>
spring 2010	<ul style="list-style-type: none"> <li>• <u>Male Educational Program about how males are just at risk just as</u></li> </ul>

	<p><u>females are</u></p> <ul style="list-style-type: none"> <li>• <u>Come up with a video that talks about the different type of eating disorders, and what they do to your body</u></li> <li>• Pass out the hotline numbers for students to call if they need someone to talk to about eating disorders.</li> <li>• Educated the teachers at SFCC such as the coaches and dances teachers about the risks that their students who have eating disorders or students who may be at risk</li> </ul>
Summer 2010	<ul style="list-style-type: none"> <li>• Do some type of fund rising to help promote the awareness about eating disorders</li> <li>• Have a speaker come out and give a seminar on campus about eating disorders</li> <li>• The counselor will start a web site that is for students dealing with eating disorder, this web site will have educational and numbers to call such as NEDA the national eating disorder America, it will also have links to recovery sites</li> <li>• The counselor will talk to the students about the danger of pro-websites who are for eating disorders</li> <li>• The counselor will set up a active were students can make life size dolls, that show the healthy weight that girls and guys should be for their sizes and ages.</li> </ul>
Fall 2010	<ul style="list-style-type: none"> <li>• The counselor will start a Exercise/Strength Building workshops</li> <li>• Show the movie called Videos such as Thin put out by HBO on girls in a Florida treatment center</li> </ul>
Spring 2011	<ul style="list-style-type: none"> <li>• Counselor will bring a speaker from NEDA to talk how to get your insurance to cover treatment for eating disorders, or how to get treated if you don't have any insurance.</li> <li>• Counselor will have a coping work shop that shows students how to deal with stress instead of going to food</li> <li>• Counselor will talk about ways you can help friends, roommates, family members in dealing with eating disorders</li> </ul>
Summer 2011	<ul style="list-style-type: none"> <li>• The counselor will come up with a book that has resources like websites that are recovery sites for eating disorders, treatment providers in the Gainesville area,</li> <li>• The counsel will Discuss issues related to Community Living</li> </ul>

Fall 2011	<ul style="list-style-type: none"> <li>• Counselor will hold a health fair for the national eating disorder week</li> <li>• Counselor will have a UF doctor that deals with eating disorders come out and talk about the dangers that these eating disorders do to your body and life span of those who practice this lifestyle, also a local dentist can come out and share what being bulimic does to your teeth</li> <li>• Have a field trip to the cemetery to let the real facts hit the students, or a trip to a local morgue</li> <li>• Do another video about eating disorder</li> <li>• Have a call center just for those semesters where students can call here locally if they want for issues related only to eating disorders.</li> </ul>
Spring 2012	<ul style="list-style-type: none"> <li>• The counselor will help reduce stereotypes about eating disorders and provide a more supportive environment where students can realize it is ok to have an eating disorder and work towards recovery is good and also that having an eating disorder does not make you a bad person and these disorders are not catchable like STD'S or AIDS</li> </ul>

### Budget/Costs

I am requesting money for 3 years, and hope that SFCC can put this position in its permanent budget.

	Year 1	Year 2	Year 2
<b>Salary for 12 months</b>	<b>48,000.00</b>	<b>48,500.00</b>	<b>49,000.00</b>
<b>Health benefits</b>	<b>3,000.00</b>	<b>3,200.00</b>	<b>3,500.00</b>
<b>Office materials</b>	<b>450.00</b>	<b>450.00</b>	<b>450.00</b>
<b>Travel to one professional conference</b>	<b>1,500.00</b>	<b>1,500.00</b>	<b>1,500.00</b>
<b>Money to pay speakers</b>	<b>800.00</b>	<b>800.00</b>	<b>800.00</b>
<b>Total</b>	<b>Year 1=53,750</b>	<b>Year 2=54,450</b>	<b>Year 3=55,250</b>
<b>Total budget for three years = 163,450</b>			

### Qualifications of Counselor



The person that we want to hire in this position should meet the following criteria:

- A qualified clinical psychologist (Ph.D.) with a minimum of one year experience in clinical counseling– or a social worker (B.A. or B.S. with M.A. or M.S. or M.W.S.) with a minimum of three years experience in clinical counseling
- Must have a certification by the National Academy of Certified Clinical Mental Health Counselors.
- Should have a strong desire to help others and should be able to inspire respect, trust, and confidence. This counselor should be able to work independently or as part of a team
- Must be knowledgeable about the different types of eating Disorders and how to provide ethical treatment. 1 year experience in a clinical counseling center dealing with eating disorders

### **Program Evaluation**

Our student government will provide evidence for the effectiveness of having this counselor on campus by doing the following activities one time each year for three years.

1. Give students who participated in the program a questionnaire for evaluating the benefits of the program
2. Keep track of the number of students who use the support group and getting here feedback from those who have attended any of the eating education activities.
3. Ask the Media and Community of Gainesville if this program is helping and if we should continue.
4. Ask parents of the college students to respond to a questionnaire about what they think

### **Conclusion**

In conclusion, there are no resources to help students with eating disorders on the Sante Fe Community college campus. By proving resources on campus those will lower the risk of eating disorders and provided help for those who currently suffer. It is the responsibility if SFCC to provide assistance and resources to students suffering from any health –related issue. Therefore let it be resolved that SFCC provide resources for, raise awareness of, and promote recovery to students at risk or currently suffering from eating disorders. Let it further be resolved that SFCC provided awareness pamphlets, create a sustainable workshop in the Living and Learning workshop series include eating disorders as a discussion topic at the Counseling Center, post eating disorders hotline number in counseling and advisement centers and explore other means of assisting

afflicted students. I know that SFCC is just a community college and sometimes Eating disorders require inpatient treatment how every that does not mean SFCC can't do its part by making its campus more aware of the different disorders colleges students face every day.

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