



The Alliance for
Eating Disorders Awareness

help. support. recovery.

August 24, 2010

Dear Educator,

Helping Other People Eat (H.O.P.E.) Inc. and The Alliance for Eating Disorders Awareness (The Alliance) are thrilled to be collaborating on this important project that is bringing eating disorders/positive body image information to more than 7,000 schools, hospitals, legislative offices, and health organizations throughout the state of Florida.

Enclosed you will find the Get R.E.A.L. DVD developed by H.O.P.E. Inc., and the first comprehensive Florida Eating Disorders Resource Guide developed by The Alliance. By encouraging a healthy lifestyle and educating individuals of all ages, we are doing our part to reduce the prevalence of eating disorder cases in our communities.

About the Get R.E.A.L. DVDs:

"Get R.E.A.L." - Realistic Expectations and Attitudes for Life - incorporates a set of four videos ranging in topics from "what is beautiful" to a series of in-depth interviews from survivors of eating disorders, family members and the professionals who treat them.

The Get R.E.A.L. DVDs are organized so that it would be a comprehensive presentation about positive body image, self esteem and eating disorders. The entire film is 26 minutes but we have broken it down into a variety of topics. We suggest that teachers, guidance counselors and professionals go to the "extras" section first on the DVD and watch the Practitioners' interviews so that you have an increased understanding of eating disorders. Once completed, you can return to the main menu and watch the entire video by selecting "play." The videos are arranged according to maturity level. All of the videos are appropriate for middle school through college; however, we suggest that you play the "Introduction to H.O.P.E." through "What is Beautiful" for elementary school students and younger.

About the Florida Eating Disorders Resource Guide:

The goal of The Guide is to increase access to care by providing a vast list of eating disorders specialists to refer your students to should they face the reality of an eating disorder. The Guide includes 1) information regarding the major eating disorders, 2) a directory of treatment practitioners throughout Florida, 3) a list of Inpatient and Outpatient Treatment programs throughout the country, and 4) information about The Guide's sponsors. Please feel free to make copies of the information included in The Guide for education, outreach or to share with anyone who needs it.

For more information on H.O.P.E. Inc. please visit www.hopetolive.com, and for more information about The Alliance for Eating Disorders Awareness please visit www.allianceforeatingdisorders.com.

Our goal is to encourage everyone to take care of themselves and eliminate dangerously unattainable and unrealistic standards. Thank you for educating your students about the dangers of eating disorders and the benefits of having a positive body image. Together, we CAN and WILL make a difference.

In good health,

Allison Kreiger Walsh
Executive Director

Johanna S. Kandel
Executive Director