

WHEREAS, Eating disorders affect upwards of 28.8 million individuals in the United States during their lifetimes and 1 in 10 Americans are expected to develop an eating disorder in their lifetime; and

WHEREAS, Eating disorders can be deadly, and every 52 minutes someone dies due to their struggle with an eating disorder, and anorexia nervosa has the highest mortality rate of any mental illness; and

WHEREAS, Eating disorders may affect all persons regardless of their genders, ages, races, ethnicities, body shapes and weights, sexual orientations, and socioeconomic statuses; and

WHEREAS: Stigma, secrecy and stereotypes still surround eating disorders, causing many people who are suffering to refrain from seeking help, and open, supportive dialogue can help break shame and silence; and

WHEREAS, With early detection and intervention, full recovery from an eating disorder is possible; and

WHEREAS, help is just a phone call away: The SAMHSA National Helpline at 1-800-662-4357 is a confidential, free, 24-hours-a-day, 365-days-a-year information and referral service. For anyone experiencing a crisis, immediate and confidential help is also available by calling or texting 988, the National Suicide and Crisis Lifeline; and

WHEREAS: Eating Disorders Awareness Week seeks to raise awareness of eating disorders, shed light on dangerous and pervasive myths, and promote prevention efforts.

NOW, THEREFORE, I, **NAME**, Mayor of the City of **CITY**, by virtue of the authority vested in me, do hereby proclaim FEBRUARY 26 to MARCH 3rd, 2024 as EATING DISORDERS AWARENESS WEEK in **CITY**.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the **CITY**, to be affixed this **Nth** day of February, 2024.