

Eating for Life Alliance

For more information on **Eating for Life Alliance** visit their website at <http://www.eatingforlife.org/>

Why Eating for Life Alliance?

The Issue: College administrators report a 24.3% rise in reports of eating disorder behavior among college students (2010 National Survey of Counseling Center Directors).

The Hope: Eating disorders and their associated conditions; disordered eating, negative body image, anxiety, depression, and low self-esteem, are very treatable with the right interventions.

The Challenge: Eating disorders are one of the most secretive of mental health issues and often go untreated because of the lack of awareness, education, and resources available.

The Mission: Eating For Life Alliance is dedicated to making user-friendly information, resources, protocols, and the wisdom of the nation's experts-available to everyone. College is not only a time when eating disorders often develop — but an excellent time to address and heal from them.