

1 A MEMORIAL

2 DECLARING FEBRUARY 25 THROUGH MARCH 3, 2019 "EATING DISORDERS
3 AWARENESS WEEK" IN NEW MEXICO IN CONJUNCTION WITH THE
4 OBSERVANCE OF NATIONAL EATING DISORDERS AWARENESS WEEK.
5

6 WHEREAS, eating disorders are shrouded in stigma,
7 secrecy and stereotypes, and the goal of this year's
8 awareness campaign is to shine a light on these deadly
9 illnesses, dispel misinformation and connect people with the
10 support they need to recover; and

11 WHEREAS, eating disorders are serious conditions that
12 are potentially life-threatening and have a great impact on
13 both the physical and emotional health of a person; and

14 WHEREAS, too often, signs and symptoms are overlooked,
15 and many individuals, families and communities are unaware of
16 the devastating mental and physical consequences of eating
17 disorders, as well as the pressures, attitudes and behaviors
18 that shape them; and

19 WHEREAS, in the United States, twenty million women and
20 ten million men suffer from clinically significant eating
21 disorders at some time in their lives; and

22 WHEREAS, these disorders affect people from all
23 backgrounds and include anorexia nervosa, bulimia nervosa and
24 binge eating disorders; and

25 WHEREAS, New Mexico youth risk and resiliency survey

1 statistics show that, in 2009, four percent of United States
2 and seven and seven-tenths percent of New Mexico high school
3 youth had vomited or taken laxatives in the past thirty days
4 to lose weight or to keep from gaining weight, and among
5 middle school students, five and four-tenths percent had at
6 one time vomited or taken laxatives to lose weight or to keep
7 from gaining weight; and

8 WHEREAS, from 2014 to 2016, twenty-two New Mexicans were
9 hospitalized with a first-listed discharge diagnosis of
10 anorexia, of which fifteen of the twenty-two were female and
11 were fifteen to forty-four years old; and

12 WHEREAS, those in the fifteen to forty-four age group
13 consistently had the greatest numbers in each of the three
14 eating disorder categories of anorexia, bulimia and
15 binge-eating disorder; and

16 WHEREAS, from 2014 to 2016, three hundred eighty-one
17 New Mexicans were hospitalized with a discharge diagnosis
18 that included anorexia, bulimia or binge-eating disorder, and
19 eighty-five percent of those patients were female; and

20 WHEREAS, over the past decade, the deaths of fourteen
21 New Mexicans were directly attributed to the eating disorder
22 of anorexia or bulimia; and

23 WHEREAS, the national eating disorders association
24 strives to address the many misconceptions regarding eating
25 disorders and to highlight the availability of resources for

1 treatment and support; and

2 WHEREAS, national eating disorders awareness week is a
3 collaborative effort consisting primarily of volunteers,
4 including eating disorder professionals, health care
5 providers, students, educators, social workers and
6 individuals committed to raising awareness of the dangers
7 surrounding eating disorders and the need for early
8 intervention and access to treatment; and

9 WHEREAS, eating disorders usually appear in adolescence
10 and are associated with substantial psychological problems,
11 including depression, substance abuse and suicide; and

12 WHEREAS, these disorders are serious illnesses, not
13 lifestyle choices, and, in fact, anorexia has the highest
14 mortality rate of any mental illness; and

15 WHEREAS, many cases of eating disorders go undetected
16 and less than one-third of young people with eating disorders
17 will receive treatment; and

18 WHEREAS, eating disorders experts have found that
19 prompt, intensive treatment significantly improves the
20 chances of recovery; therefore, it is important for
21 educators, medical providers, parents and community members
22 to be aware of the warning signs and symptoms of eating
23 disorders; and

24 WHEREAS, national eating disorders awareness week will
25 encourage people to share their stories and experiences with

1 disordered eating and body image struggles, highlight the
2 importance of screenings for the early detection and
3 intervention of eating disorders, dispel myths and present
4 eating disorders as a public health issue that affects all
5 kinds of people, regardless of age, gender, ethnicity, size
6 or background; and

7 WHEREAS, the vital work of national eating disorders
8 awareness week is recognized in promoting public and media
9 attention to the seriousness of eating disorders and for
10 working to improve education about their biological and
11 environmental causes, as well as how to help those who are
12 struggling with these debilitating diseases;

13 NOW, THEREFORE, BE IT RESOLVED BY THE SENATE OF THE
14 STATE OF NEW MEXICO that February 25 to March 3, 2019 be
15 declared "Eating Disorders Awareness Week" in New Mexico in
16 conjunction with the observance of national eating disorders
17 awareness week; and

18 BE IT FURTHER RESOLVED that copies of this memorial be
19 transmitted to the governor and the chair of the board of
20 directors of the national eating disorders association. _____