



EATING DISORDERS INITIATIVE

March 1, 2005

Dear Health Care Provider:

We are enclosing an updated version of the BodyWise Eating Disorders Information Packet for Health Care Providers, developed by the U.S. Department of Health and Human Services, Office on Women's Health. These materials were initially developed in 2000 over a two-year period by health communications specialists, in partnership with researchers, clinicians, and educators committed to eating disorders education. A companion packet, created for middle school personnel, has been evaluated as being effective when used by these educators.

The BodyWise materials are meant to be copied and distributed to other members of your staff, as well as colleagues and parents of adolescents. One of the information sheets, *Jovenes Latinas*, was written for Spanish-speaking parents. We have also created several information sheets on boys and specific ethnic/racial groups to increase the awareness of eating disorders and disordered eating among these populations. Additionally, the packet includes a questionnaire for adolescents that can be used for screening purposes.

The Office on Women's Health will be launching an obesity prevention initiative later this year that will be targeted to parents of middle school-aged girls. *BodyWorks: A Toolkit for Healthy Girls and Strong Women* will provide parents and caregivers of adolescent girls with practical tools and strategies for healthy eating and regular physical activity. Such tools include informational materials, a video on healthy shopping and cooking strategies, a recipe book, food and activity diaries, weekly food planners, and more. This kit will be distributed through the 10 OWH regional offices and will also be placed on our website, www.4woman.gov, later this year.

We hope the BodyWise packet is useful in your practice. Thank you for your interest and support of this initiative. I welcome any comments or suggestions that would help improve this packet and other materials that we produce. You can email me at jrowe@osophs.dhhs.gov.

Sincerely,

Jonelle C. Rowe, M.D.
Senior Advisor for Adolescent Women's Health



U.S. Department of Health and Human Services

Office on Women's Health



