

Stockton Students Discuss Eating Disorders with Students at New Egypt High School

Projects Kicks Off Eating Disorder Awareness Week

For Immediate Release; with photo attached, caption at end

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Galloway Township, NJ - Fourteen students from Dr. Sara Martino's Psychology of Eating Disorders class at Stockton University interacted with students at New Egypt High School in Plumsted Township, Ocean County, NJ on Feb. 20 to help raise awareness about eating disorders.

The outreach was in preparation for this week's national Eating Disorders Awareness Week.

The entire school attended one of two assemblies and heard a lecture from Project Heal, an area non-profit that raises money to help individuals with eating disorders get treatment.

After each lecture, the Psychology students met with smaller groups of students and talked about the media influence and social media influence on body image, Dr. Martino explained. The Stockton students encouraged the younger students to post something positive about themselves or their bodies for Eating Disorders Awareness Week. Stockton students also answered questions from the high school students, including some questions about the recent change at Stockton to University Status.

Students were invited to attend this event by Dr. Erin Sappio, an adjunct professor in the Psychology program at Stockton University who is also a school psychologist at New Egypt.

Approximately 1 percent of the population suffers from Anorexia Nervosa and 4 percent to 5 percent suffer from Bulimia, according to the National Association of Anorexia Nervosa and Associated Disorders (ANAD). Of those numbers, ANAD said approximately 80 percent of those suffering are women. By contrast, recent statistics show that 1 percent to 2 percent of the U.S. population is suffering from Binge Eating Disorder, with more men diagnosed.

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-continued from page 1-

Caption information:

Stockton University students at New Egypt High School, from left: row one: Christina Barone, Dominique Silvestri; row two: Danielle Fox, Amanda DeMayo, Dr. Sara Martino, Jillian Maisch, Janine Duarte and Melissa Cornelius; row three: Katherine Velazquez, Amber Christos, Dr. Erin Sappio, Gail DeShields, Naleah Johnson, Erin Bruce, Mat Greer and Mellanie Rodriguez.

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