

YOUR NORTH SHORE GUIDE *to* ACTIVE LIVING

LIVE



LAVAMAN TRIATHLON NV mother and son duo set to compete. *page 14*

HEALTH NOTES *page 15*

TUMMY TIGHTENING Columnist Shaun Karp offers advice on targeting your lower abdominal area. *page 15*



NEWS photo Mike Wakefield

FAMILY Services of the North Shore's Mimi Hudson and masters student Jenna Fletcher discuss this year's Provincial Eating Disorders Awareness Week campaign, which includes a youth multimedia contest focused on the themes of self-esteem and resiliency. A poster created by last year's winner, Keith Lynn alternate secondary student Kaylee Dufresne, is shown at left. Entry deadline is March 19.

A collaborative approach

Maureen Chute

Contributing writer

EATING disorders can be life-threatening and are notoriously difficult to treat.

So, a group of North Shore educators, counsellors and health professionals have joined forces to develop a prevention program aimed at helping local students hone their defences against these disorders.

Members of the North Shore education committee for the prevention of disordered eating — a committee of repre-

Health professionals team up to prevent eating disorders in teens

sentatives from the two North Shore school districts, Family Services of the North Shore, the Be Real Clinic of West Vancouver and Vancouver Coastal Health — have developed a comprehensive education and awareness campaign that features a new school curriculum to integrate with existing health and career education classes for grades 8-9 and planning 10.

Their work addresses the sobering fact that anorexia re-

mains the leading cause of death for young women aged 15-25. Bulimia is more prevalent but harder to detect, and its effects are potentially life-threatening. The committee's focus on prevention draws attention to the early warning signs of trouble, including the lesser-known problem of disordered eating and risk factors associated with body image and the influence of media messages.

Mimi Hudson, director of

community programs for Family Services of the North Shore, the agency that recently assumed the province-wide mandate for eating disorders prevention education, resources, and support through their Jessie's Legacy (formerly Jessie's Hope) program, says that disordered eating encompasses a broad spectrum of behaviours extending from healthy or normal eating at one end, to an eating disorder diagnosis at the other.

"A lot of people have heard about anorexia and bulimia but they don't think about disor-

See Committee page 16



Kick Start Cat Smiley

Get into a routine to stay on track

WHEN it comes to working out, all the motivation tactics in the world can't get you there if you don't have your head in the right place.

We've all been there: the alarm clock goes off at 5:30 a.m. (you even programmed the espresso machine to turn on at the same time) but getting out of that warm, cozy bed to hit the gym seems like the last thing you want to do. So, you hit the snooze button, text message your training buddies to tell them you're "sick" or "have to work early" and blissfully doze off into another two hours of REM. Sound familiar?

The truth is, it's not the missed workout that gets you off track, it's the change of routine. Missing one workout usually leads to another, and then it doesn't make sense to start an exercise plan on Thursday, so you figure why not rest up for a few more

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public notice - Public Meeting

Local Government Elections Task Force - Request for Comments

NOTICE is hereby given that a Public Meeting will be held on **MONDAY, MARCH 22, 2010 at 7:00 P.M.** in the Council Chamber, City Hall, 141 West 14th Street, North Vancouver.

The purpose of the Public Meeting is to allow members of the community to provide comments with regards to the Province of B.C. Local Government Elections Task Force for legislative changes to improve the electoral process for local government elections across B.C.

The Task Force is reviewing specific issues related to local government elections. Topics under review are as follows:

- Campaign finance, including contribution/spending disclosure and limits, and tax credits;
- Enforcement processes and outcomes;
- Role of the Chief Electoral Office (B.C.) in local government elections;
- Election cycle (term of office);
- Corporate vote; and
- Matters raised in election resolutions submitted to the 2009 UBCM Convention.

The Task Force has requested written comments from municipalities to assist in its review of local government election issues by April 15, 2010.

AGENDA

Chair: Mayor Darrell R. Mussatto

- Staff Presentation
- Representations from the public
- Comments from Council Members
- Motion to conclude the Public Meeting.



citycouncil

- Mayor Darrell Mussatto
- Councillor Pam Bookham
- Councillor Rod Clark
- Councillor Bob Fearnley
- Councillor Guy Heywood
- Councillor Craig Keating
- Councillor Mary Trentadue

City Clerk
Sandra E. Dowey
sdowey@cnv.org

Background material may be inspected at the office of the City Clerk between 8:30 a.m. and 5:00 p.m., Monday to Friday, except Statutory Holidays, from March 1 to 22, 2010. If you wish to view the material online please go to www.cnv.org and access City Hall/Council Meetings/Public Hearings and Meetings. Please direct inquiries to Sandra Dowey, City Clerk, at 604-990-4234 or by email to sdowey@cnv.org

LIVE

Committee hopes to prevent disordered eating

From page 13

dered eating," she says.

Disordered eating behaviours can range from restricting food intake and engaging in yo-yo dieting, to compulsive overeating. Often these are accompanied by a preoccupation with weight or body shape, a distorted body image, and even steroid use.

"We want to get this information out there early so that a disordered eating pattern doesn't get to the point of a full-blown eating disorder," says Hudson.

The committee's focus on prevention education is supported by Diana Budden, a West Vancouver resident whose daughter Jessie Alexander took her own life at age 20 while struggling from complications related to an eating disorder. "I think we need a huge community effort," says Budden. "It's not just parents. It's teachers, community workers, and health care professionals. We all have to take responsibility for our youth."

Reflecting on her daughter's seven-year battle, Budden stresses the importance of addressing the problem before the onset of

puberty, when teens are more vulnerable. "The illness itself is so strong, so gripping," she says. "For so many it becomes part of their identity. They feel they are in control of it and they don't want to let go of it."

The argument is supported in research cited by the National Eating Disorder Information Centre, which indicates that the risk of acquiring an eating disorder increases during the transition from childhood to adolescence. Eating disorders usually require extensive therapy both in and out of hospital, and access to care is limited by an already over-burdened health care system. Research indicates that 20 per cent of those diagnosed with anorexia fail to recover, 33 per cent experience a partial recovery and 46 per cent will fully recover. And, the earlier the detection and treatment, the better the chance of recovery.

The new curriculum comes just as many local students are completing their entries for the annual Provincial Eating Disorders Awareness Week campaign launched March 1 in North Shore secondary schools. This year's campaign has expanded from the poster contests of previous years to a multimedia

format that encourages students to make use of digital media and social networking sites like Facebook or YouTube to craft an entry focused on prevention.

The campaign complements the classroom program, which includes two units designed to fit with existing health and career education classes. One unit addresses body image and self-esteem, while the other focuses on media literacy. In one activity, the often inflated role of physical attractiveness is downplayed as students engage in a personal inventory of skill levels, intelligence, personality and values that contribute to their overall identity. Greater emphasis is placed on personal qualities like having a sense of humour, or valuing unique talents in sports, music and academic pursuits.

The media literacy unit begins with an exercise in which students view and respond to a documentary on the fashion industry's obsession with beauty and thinness. They are also guided through activities aimed at exposing the various techniques used by media to distort body image, allowing them to develop a more critical eye for such content.

The curriculum was deliv-



NEWS photo Cindy Goodman

Tea time

SEARS cosmetic counter staff Anne Fallick (left), Kathy Calla and Sareena Amarshi host a fundraising tea in support of the Heart and Stroke Foundation. The event, held Feb. 9, included refreshments as well as makeup and fashion consultations.

ered to teachers and resource personnel in North and West Vancouver schools last month. An elementary resource for grades 5 to 7 will be available online through Family Services of the North Shore's new website planned for launch this May. Hudson says that the new website will consolidate existing services and programs, making it easier for parents, teachers and other professionals to access in-

formation from a single source. A media watch program is also in the works, and Family Services plans to offer an eight-week educational group for parents and teens entitled Why Weight? at their North Vancouver office.

In the meantime, updates on the campaign and additional information can be found at Family Services of the North Shore's website, [www.familyservices.](http://www.familyservices.bc.ca)

bc.ca. Parents, teachers, youth workers and health care professionals who want referral information specific to the treatment of disordered eating can contact the Be Real Clinic in West Vancouver at 604-983-6847.

Maureen Chute, MA, RCC, is an individual, couple and family counsellor with North Shore and Vancouver offices. Info: www.maureenchute.com.



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*MSRP of 2010 Nissan Rogue S AWD is \$27,498. Price does not include Freight & PDI of \$1500. MSRP of 2010 Nissan Versa 1.8S Hatchback Manual is \$14,198. All prices do not include Freight & PDI of \$1500. Registration, licence, insurance, tire levy, air conditioning tax and applicable sales taxes are extra. **0% 36 months OAC and 0.9% 60 months OAC Purchase Financing is offered by Nissan Financial Services and is subject to the approval of the NFS. ***\$1500 Stackable Cash Rebate is applicable to only 2010 Nissan Hatchback 1.8 S and 1.8 SL. \$1500 Stackable Cash Rebate is applicable to all models of the 2010 Nissan Rogue. ****The \$4,000 non-stackable cash rebate is offered only to cash purchase options and valid for the 2010 Nissan Rogue S AWD and SL AWD models only. Offer expires March 31st, 2010.



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