

FOR IMMEDIATE RELEASE:

Eating Disorders Resource Center (EDRC)

Contact: Laurie DeVito

(408) 356-1212

laurie@edrcsv.org

www.edrcsv.org

Date: October 2016

EDRC Announces its 8th Annual *Everybody's Beautiful* Poetry and Essay Contest

Eating Disorders Resource Center (EDRC) announces its eighth annual *Everybody's Beautiful* Poetry and Essay contest for Middle and High School students in Silicon Valley. 6th – 12th grade students are invited to share about the meaning of beauty and to answer questions about how the media and society can affect self-esteem and body image. Entries will be accepted in either ***English or Spanish***.

"As many as 30% of girls and 16% of boys in American high schools suffer from disordered eating including, bingeing, vomiting, fasting, laxatives, diet pill use, and compulsive exercise. EDRC's goal, as a part of eating disorders prevention, is to increase "media intelligence" among youth and to encourage body and self-acceptance. Our annual poetry and essay contest helps create mindfulness and self-acceptance among students." - Janice Bremis, Executive Director

Essays will be accepted through **Friday, March 3, 2017**. Middle school and high school student poems and essays will be reviewed separately, and the top three poems and essays from each age category will be awarded cash prizes of up to \$300! Winning selections will be featured on the EDRC website, and a press release announcing winners will be distributed to local newspapers. For more information, visit EDRC's website at www.edrcsv.org or call (408) 356-1212.

Last year 22 different Middle and High Schools participated in the contest. We would like to acknowledge our generous sponsors: Kaiser Permanente, Santa Clara County Library District, and Palo Alto Medical Foundation.

"...beauty isn't looking at your own face. It is looking at the faces of the people around you. Their every smile, nod, and expression reflects your actions, your acts of kindness and friendship. I don't need a mirror to feel beautiful because, simply by spending time with my friends, I know that I am."

-Tyler Yep, 2nd place winner 2016, Everygreen Valley High School

ABOUT EDRC - Based in Los Gatos, CA, EDRC aims to raise awareness through education of health care professionals and the general public; promote recovery by providing resources for treatment; and advocate for effective insurance coverage. More information about the Eating Disorders Resource Center is available by contacting (408) 356-1212.