

# IN FOCUS ...

## Eating Disorders



A research guide to the collections of the  
Cudahy Family Library  
Prepared October, 2007; revised April, 2009  
Michelle Gibbs, Adult Services Department



## Books and Audiovisual Materials

CountyCat, the library catalog, lists all the books and audiovisual materials found at the Cudahy Family Library. You can search the catalog from the library computers or from a remote location such as your home computer via the internet at <http://countycat.mcfls.org>. Some of the subject headings related to eating disorders include:

- Anorexia nervosa
- Body image
- Bulimia
- Compulsive eating
- Eating disorders
- Food habits
- Nutrition
- Obesity
- Weight loss - Psychological aspects

### Reference Books

Located on the open Reference shelves behind the Reference Desk

- 616 G853f      *Griffith's 5-Minute Clinical Consult*  
2005            - Information on diagnosis and treatment of  
                      anorexia, bulimia, and obesity. Written  
                      for medical practitioners.
- 616.89 H167    *Caring for the Mind: The Comprehensive*  
                      *Guide to Mental Health*  
                      - Includes information on eating disorders  
                      and mental health.

## **Magazines and Journals**

You can access thousands of magazine and journal articles through EBSCOhost, an electronic database available through CountyCat, the library catalog. These articles may be accessed from any computer in the library or from a remote location such as your home computer via the internet at <http://countycat.mcfls.org>. From the main screen, click on the "Subscription Databases" link and then choose EBSCOhost.

## **Selected Internet Sites**

### **About Face**

<http://www.about-face.org>

Equips women and girls with tools to understand and resist harmful stereotypes of women that the media disseminates.

### **Academy for Eating Disorders**

<http://www.aedweb.org>

Promotes excellence in research, treatment and prevention of eating disorders.

### **Beyond Hunger**

<http://www.beyondhunger.org>

A nonprofit organization that helps individuals overcome the obsession with food and weight.

### **Body Image Health**

<http://www.bodyimagehealth.org>

Offers tools for preventing body image, eating, fitness, and weight problems before they start.

### **Center for Eating Disorders**

<http://www.eatingdisorder.org>

Information about eating disorders and treatment. Includes a self quiz.

## **Council on Weight and Size Discrimination**

<http://www.cswd.org>

A nonprofit group which works to change people's attitudes about weight and acts as consumer advocates for larger people, especially in the areas of medical treatment, job discrimination, and media images.

## **Eating Disorder Foundation**

<http://www.eatingdisorderfoundation.org>

A resource for the general public and the health care community in the collective effort to prevent and eliminate eating disorders.

## **Eating Disorders Anonymous**

<http://www.eatingdisordersanonymous.org>

Helps individuals to recover from eating disorders and to carry this message of recovery to others with eating disorders.

## **Eating Disorder Referral and Information Center**

<http://www.edreferral.com>

Provides information and treatment resources for all forms of eating disorders.

## **Girls Health**

<http://www.girlshealth.gov>

A federal government website aimed at young girls with information on fitness, nutrition, and body image.

## **Finding Balance**

<http://www.findingbalance.com>

A faith-based organization dedicated to creating consumer awareness and understanding of EDNOS (Eating Disorders Not Otherwise Specified).

## **Food Addicts Anonymous**

<http://www.foodaddictsanonymous.org>

This website offers hope for recovery from the despair and shame of food obsession.

### **Medline Plus**

<http://www.nlm.nih.gov/medlineplus/eatingdisorders.html>

MedlinePlus brings together authoritative information from NLM, the National Institutes of Health (NIH), and other government agencies and health-related organizations.

### **Mirror Mirror**

<http://www.mirror-mirror.org/eatdis.htm>

Information about eating disorders and treatment.

### **National Eating Disorders Association**

<http://www.nationaleatingdisorders.org>

The largest nonprofit organization in the U.S. working to prevent eating disorders and provide treatment referrals to those suffering from anorexia, bulimia and binge eating disorder and those concerned with body image and weight issues.

### **National Institute of Mental Health**

<http://www.nimh.nih.gov/publicat/eatingdisorders.cfm>

“Eating Disorders”: A detailed booklet that describes symptoms, causes, and treatments, with information on getting help and coping.

### **Overeaters Anonymous**

<http://www.aa.org>

Information on Overeaters Anonymous’ programs and publications.

### **Renfrew Center**

<http://www.renfrewcenter.com>

Residential treatment facility with a variety of articles on the prevention and treatment of eating disorders.

### **Something Fishy**

<http://www.something-fishy.org>

Dedicated to raising awareness and providing support to people with eating disorders.





## **Cudahy Family Library**

3500 Library Drive

Cudahy, WI 53110

Phone: (414) 769-2244

Fax: (414) 744-2848

Website: [www.cudahyfamilylibrary.org](http://www.cudahyfamilylibrary.org)

### Hours

Sunday: Noon - 4 p.m.

Monday - Thursday: 10 a.m. - 8 p.m.

Friday: 9 a.m. - 5 p.m.

Saturday: 9 a.m. - 5 p.m. (Sept. - May)

Saturday: Noon - 4 p.m. (June - August)