

National Eating Disorders Awareness Week (NEDAW) 2026

Social Media Messages

Eating Disorders can affect women and girls of every age. Join the HHS Office on Women's Health for National Eating Disorders Awareness Week to raise awareness, promote prevention, and support recovery. #NEDAW  <https://www.womenshealth.gov/nedaw>

#EatingDisorders aren't just a teenagers' problem. In fact, up to 7% of women over 40 have been diagnosed with one. This week during National Eating Disorders Awareness Week, learn more about the 2026 theme, "Health at Every Age: Eating Disorder Awareness, Prevention, and Recovery," from the HHS Office on Women's Health. #NEDAW <https://www.womenshealth.gov/nedaw>

Nutrition supports health at every age. During National Eating Disorders Awareness Week, join the HHS Office on Women's Health to learn how evidence-based healthy eating patterns, including a variety of nutrient-dense foods & balanced meals, can support well-being & recovery. The 2025–2030 Dietary Guidelines for Americans emphasize nourishing food, hydration, & avoiding highly processed foods as part of overall health. #NEDAW <https://www.realfood.gov/>

Puberty is a critical period for growth & mental development. During #NEDAW, explore youth-friendly nutrition resources that emphasize balanced meals with fruits, vegetables, whole grains, & protein — all recommended in the 2025–2030 Dietary Guidelines for Americans to support healthy bodies & brains. <https://www.realfood.gov/>

Adolescents are at increased risk for eating disorders due to hormonal and developmental changes, social media influence, and self-comparison. Parents, coaches, clinicians, and teachers can play a vital role in early support. This National Eating Disorders Awareness Week, join the HHS Office on Women's Health to learn how you can support adolescents in your life. #NEDAW <https://www.womenshealth.gov/nedaw>

 Female athletes need nourishment, hydration, rest, & balance. This National Eating Disorders Awareness Week, discover how balanced eating — including adequate protein, carbohydrates, and healthy fats within an individualized nutrition plan — supports strength, recovery, and overall well-being, reflecting principles from the 2025–2030 Dietary Guidelines for Americans. <https://www.realfood.gov/> #NEDAW