



THE BOARD OF SUPERVISORS
COUNTY OF SAN MATEO, STATE OF CALIFORNIA
PROCLAMATION DESIGNATING FEBRUARY 23rd to MARCH 1st, 2026

Eating Disorders Awareness Week

WHEREAS, EATING DISORDERS are serious and potentially fatal mental and physical health conditions that affect individuals of all ages, genders, races, body sizes, and socioeconomic backgrounds; and

WHEREAS, EATING DISORDERS have among the highest mortality rates of all psychiatric disorders, resulting in an estimated 10,200 deaths each year in the United States, equating to approximately one death every 52 minutes; and

WHEREAS, nationally, approximately 9% of Americans or 28.8 million people, will experience an **EATING DISORDER** in their lifetime, reflecting the widespread and significant public health burden of these conditions; and

WHEREAS, in the State of California, over 3.5 million residents will have an **EATING DISORDER** in their lifetime, underscoring the local impact of these illnesses on families, schools, workplaces, and community health systems; and

WHEREAS, EATING DISORDERS are often coupled with other serious mental health conditions and are associated with elevated risks of depression, anxiety, substance use disorders, and suicidal behavior, compounding their impact on individuals' health, functioning, and longevity; and

WHEREAS, despite the severity and prevalence of **EATING DISORDERS,** biases, misconceptions, and stigma persist in society, including the harmful belief that eating disorders arise from personal weakness, are limited to certain body types, or are voluntary behaviors rather than complex medical and psychiatric illnesses; and

WHEREAS, such stigmatization creates barriers to help-seeking, delays diagnosis, and contributes to disparities in treatment access for people of color, males, LGBTQ+ individuals, and others; and

WHEREAS, EATING DISORDERS cannot be identified solely based on an individual's appearance, and there is no single "look" for someone with an eating disorder; and

WHEREAS, early identification, education, and compassionate support are critical for recovery, and public awareness efforts help reduce stigma, increase understanding of warning signs and symptoms, and promote referral to evidence-based care and support services; and communities thrive when all individuals affected by **EATING DISORDERS** are recognized, supported, and provided access to appropriate clinical and psychosocial resources.

NOW, THEREFORE, BE IT PROCLAIMED that the Board of Supervisors of the County of San Mateo, State of California, hereby designates February 23rd through March 1st as **EATING DISORDERS AWARENESS WEEK** in San Mateo County, recognizes the critical necessity to further expand access to eating disorder prevention, early intervention, treatment, and recovery resources, and affirms a commitment to destigmatizing **EATING DISORDERS,** increasing public awareness and education, and promoting equity in access to care, so that all individuals struggling with **EATING DISORDERS** regardless of age, gender, race, identity, or body size can obtain the compassionate, timely, and evidence-based care they require and deserve.

Dated: February 24, 2026

ATTEST:

DEPUTY CLERK OF THE BOARD OF SUPERVISORS