



City of Waterbury

“Knowledge is Power” ADVISORY # 118

Eating Disorders



The Data:

23% of Waterbury 9th graders report having engaged in bulimic or anorexic behavior.

24% of Waterbury 6th graders report having engaged in bulimic or anorexic behavior.

21% of Waterbury youth , with 0-10 Developmental Assets, have engaged in bulimic or anorexic behavior.

18% of Waterbury youth, with 31-40 Developmental Assets, have engaged in bulimic or anorexic behavior.

You Can:

- **When praising young people, avoid false praise and acknowledge them for specific things they have worked at.**
- **Celebrate young people’s uniqueness. Find something special to value and affirm, such as their sense of humor, computer skills, or wonderful smile.**
- **When youth make mistakes or bad choices, separate the deed from the doer. The choice is bad, not the child.**
- **Treat all children and youth with respect. Take them seriously. Ask their opinions and listen to their comments and suggestions.**

Waterbury Prevention Policy Board

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Self Esteem: Young person reports having a high self-esteem and feels good about themselves.

Did you know 50% of Waterbury young people report having high self-esteem and boys are more likely to have this asset than girls?