

BODY CONFIDENT SCHOOLS

MEET AITKIN COUNTY PUBLIC HEALTH'S AMBASSADOR

The COVID-19 pandemic has had a significant impact on youth mental health. Recent reports show increases in mental health symptoms for depression, anxiety, eating disorders, and suicidal ideation. Body dissatisfaction, felt by 70% of girls and 40% of boys, contributes to a host of adolescent mental health problems, including eating disorders, low self-esteem, depression, isolation, substance abuse, and suicidal ideation. However, school personnel can support their students by integrating multi-tiered policies and practices around body confidence that will support students' social, emotional and behavioral health. **We invite you to join a free, evidence-based training to create a Body Confident School!**

Who Should Attend the Training: School Health Professionals, Teachers, Administrators, and Coaches,

What You Will Learn: (1) body image research, (2) practical strategies to create a body confident school environment, and (3) a tested, evidence-based body image curriculum to use in health classes.

SPEAKER



HANNAH COLBY, RD, LD, CLS

Hannah Colby is a Registered Dietitian & Health Educator who works with Aitkin County Public Health.



Hannah has a passion to teach everyone how to live a fulfilling & healthy life outside of diet culture. She is excited to bring this to the communities in Aitkin County as an upstream preventative to combat the silent epidemic of eating disorders.



BE REAL.



RAVE REVIEWS FROM PAST WORKSHOPS

"Just wanted to thank you for your presentation on Body Confident Schools this morning. Heard lots of great things from staff about it."

Adam Johnson
Hill City School District
Superintendent