

TU Dublin Student Union Proposed Motion

Motion: The VPs of Welfare run a campaign in semester 2 to raise awareness of disordered eating and supports available to students.

Student Council Notes:

There are no current campaigns by the Student Union to address and raise awareness of disordered eating.

Student Council also Notes:

While there have been awareness campaigns about other mental health issues, there has not been any campaigns in recent times to raise awareness of disordered eating and what supports are available to students around this issue.

Anorexia – a restrictive eating disorder – has the highest fatality rate of any mental illness. A main characteristic that frequently accompanies this disorder is perfectionism or high expectations of self. Many college students feel the pressure to get good grades, and this can further exacerbate restrictive eating patterns.

Bulimia, binge eating disorder and emotional eating patterns can also contribute significantly to both mental and physical health problems. These symptoms will again be exacerbated by the extrapolating pressures brought on by being a student and dealing with the cost-of-living crisis.

Many people with some type of disordered eating behaviour are less likely to receive help from a doctor as the doctor will put it all down to their weight, this can lead to the non or misdiagnose of other ailments.

All types of disordered eating patterns are vulnerable to be exacerbated by internal and external pressures.

Student Council Believes:

As the cost-of-living crisis continues to grow, more and more students will have to make decisions between buying food and paying rent. This is not only dangerous to those with a pre-existing eating disorder or difficulty, but also creates a ripe environment for an eating disorder to develop.

Student Council Therefore Mandates

The VPs of Welfare run a campaign during semester two of this year to raise awareness of what disordered eating is, and what supports are available to students.

Proposed By: Samantha Corcoran

Seconded By: Courtney Maxwell