

ADDICTIONS FOUNDATION OF MANITOBA AUDIOVISUAL RESOURCES

SUBJECTS

APPETITE DISORDERS

Dying to be thin (amfq)

Senior 1-Senior 4, Adult; 60 minutes

VHS; 2000

Marlin Motion Pictures

VTR/RC 552/.E18/D8/2000

This video introduces you to students, ballet dancers, fashion models and other young women who are seeking recovery or have conquered Anorexia Nervosa or Bulimia. You'll discover how leading eating disorder specialists are making dramatic advances in the diagnosis and treatment of these two potentially lethal diseases.

Eating disorders : the inner voice (alsu)

Gr. 7-Senior 4; 30 minutes

VHS; 2000

McIntyre Media

VTR/RC 552/.E18/E37/2000

In this program, four young adults share their stories of physical pain and emotional torment associated with eating disorders. These survivors of Anorexia Nervosa, Bulimia Nervosa and Exercise Bulimia share some of their toughest moments and describe how their disorders destroyed part of their lives. Medical, psychological and nutritional experts tell us about the types of eating disorders that exist, what causes them, and who is at risk. They also detail the devastating and sometimes deadly effects, describe treatment options and define a healthy lifestyle.

Innocent addictions, The (ajii)

Senior 1-Senior 4, Adult; 2 parts

VHS; 1982

Sunburst

VTR/RC 552/.O25/I55/1982

Part 1: Foods – 14 minutes

Identifies specific health problems associated with over consumption of junk foods, which often contain two potentially health threatening ingredients, sugar and salt.

Part 2: Over-the counter drugs – 14 minutes

Program stresses that while these preparations are usually safe when used as directed, misuse and abuse can lead to getting hooked with serious health consequences.

Making the leap to high school (auah)

Gr. 7-12; 11 minutes

VHS; 2001

Alcohol and Drug Concerns Inc.

VTR/BF 637/.B4/M3/2001

This video shows five Public Service Announcements (PSA), created by high school students. Each one contains a different message for grade school students about how to "make the leap" into high school. The vignettes deal with body image, responsible decision making, drinking and driving, and general health issues. The students themselves appear in the video, and provide discussion points for the classroom viewers.

Understanding eating disorders : teens view their bodies, food, self-esteem and recovery (apzl)

Adult; 28 minutes

VHS; 1996

Aquarius

VTR/RC 552/.C65/U5/1996

This video explores anorexia, bulimia, compulsive overeating and obesity through the voices of their victims and medical professionals. As a society at large, we are obsessed with the "battle of the bulge," unaware of the environment we are creating that is ripe for eating disorders. From colleges to elementary schools, we see a resurgence in teaching individuals about healthy eating habits to either avoid potential health risks, or begin the healing process for those with an eating disorder. Hearing directly from people of all ages in recovery provides insights into the disease, what to look for and avenues for help. A great video for people working with teens, self-esteem and health issues.