Massachusetts statistics say 10% of high school students try to control their weight by fasting, vomiting or with laxatives. At MEDA, we specialize in helping those affected by eating disorders. We offer assessments, support groups, skill sessions and parent-family services. On average, one Primary Care Physician sees 25-30 patients a day. With your help, we can reach & support thousands of Massachusetts children facing eating disorder challenges. The Sooner the Better.
MEDA & Our Education Initiative - The Sooner the Better

The Multi-Service Eating Disorders Association (MEDA) is a community nonprofit whose mission is to prevent the continuing spread of eating disorders through educational awareness, outreach, and early detection. MEDA serves as a support network and resource for clients, loved ones, clinicians, educators, and the general public. Early detection, education, and early intervention are key toward creating a support network and resource to help those in need.

MEDA’s Services:
- Eating Disorder Assessments
- Referrals to our Professional Network of Eating Disorder Specialists
- Support groups for patients and families
- Coaching sessions for parents & loved ones
- Short-term skill-based therapy
- Recovery-focused community events
- Roadmap for treatment
- Schedule an assessment for the client, which will give the patient and family a coverage

Reach out to MEDA. We are your resource. The Sooner the Better!

1. Email MEDA at education@medainc.org to schedule an in-office presentation to train your staff on best practices for identifying eating disorders, working with weight stigma, and referring clients for eating disorder treatment.
2. Call MEDA at 617-559-1881 if you have a patient who is exhibiting signs of an eating disorder or a parent who is concerned about their child.

Find out how you can help MEDA continue to provide services and resources to our community.

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MEDA will:
- Offer the client resources based on geographical location and insurance
- Coordinate the appropriate medical, psychiatric, or therapeutic care
- Make sure the patient receives the best possible care by educating your staff through MEDA's The Sooner the Better initiative.

Every 62 minutes at least one person dies as a direct result from an eating disorder (Eating Disorders Coalition, 2016). However, eating disorders can be successfully treated with appropriate interventions. Yet only one-third of persons with eating disorders receive any treatment (Disorders Coalition, 2016). MEDA's mission is to prevent the continuing spread of eating disorders through educational awareness and early intervention.

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