

HEALTH

Clinical Trial for Eating Disorders Seeks More Black Volunteers

NATIONWIDE (BlackNews.com) -- Drexel University's Center for Weight, Eating, and Lifestyle Science is now recruiting volunteers to participate in a clinical trial testing the effectiveness of Mindfulness and Acceptance-Based Behavioral Treatment for binge eating disorder and bulimia nervosa. A study funded by the National Institute of Mental Health, (the COM-PASS Project) aims to examine whether incorporating new psychological strategies (e.g., mindful awareness, distress tolerance, emotion modulation, values-based decision making) into existing eating disorder treatments will enhance therapeutic outcomes. The COM-PASS Project is funded by the National Institute of Mental Health.

Eating disorders are commonly underdiagnosed in the Black community (Taylor et al., 2007)., despite

the high prevalence of binge eating when compared to non-Hispanic White populations. For instance, recent studies have found that Black women experience higher rates of binge eating, with the prevalence rates of this behavior being nearly 5% compared to 2.5% in Non-Hispanic White women (Goode et al., 2018b; Marques et al., 2011). Furthermore, the prevalence of binge eating in women with obesity is even higher. Estimates indicate that more than 30% of Black women with obesity also report engaging in binge eating (Wilson et al., 2012). However, less than 8% of Black women with binge eating disorder sought treatment compared to 22% of white women with binge eating disorder.

Binge eating disorder and bulimia nervosa symptoms have an enormous impact on an individuals'



quality of life. The worries about weight gain, preoccupation with food, engagement in bingeing and purging behavior, and the money spent on binge foods can all cause considerable distress. Additionally, binge eating and compensatory

behaviors (e.g., self-induced vomiting, laxative misuse, diuretic misuse, fasting, driven exercise), are associated with numerous comor-

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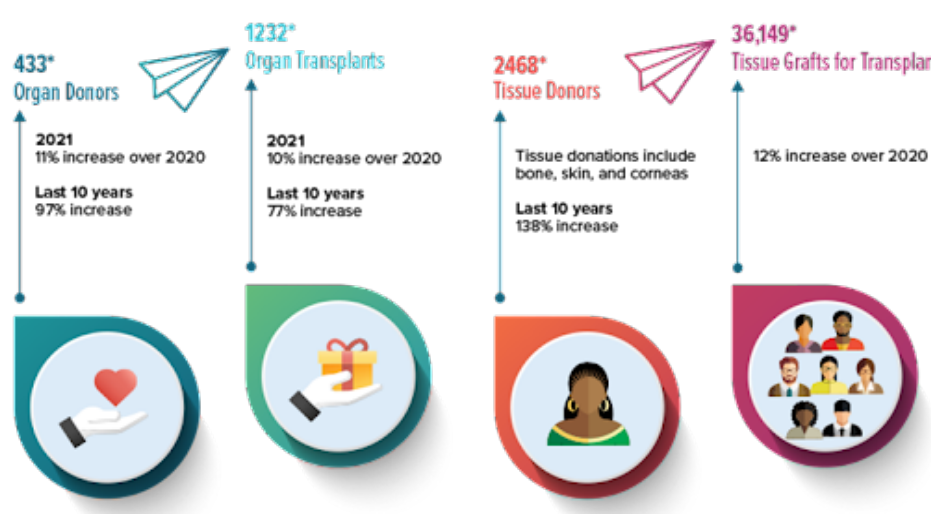
Organ Donation, Transplantation Records Set For The Second Consecutive Year

NATIONWIDE -- Tennessee Donor Services (TDS) announces a second consecutive year of record-breaking organ and tissue donation milestones. Thanks to the generosity of Tennesseans and their families, 433 organ donor heroes gave lifesaving gifts resulting in 1,232 organ transplants and setting all-time records in the TDS service area in 2021. Through November 2021, TDS ranked 3rd in the nation for the number of organ donor heroes per capita and 5th for the overall number of organ donor heroes. Additionally, 2,468 tissue donor heroes provided gifts of healing and mobility last year.

Remarkably, these lifesaving

milestones come during the ongoing COVID-19 pandemic. For the past two years, the TDS team, in collaboration with community hospital partners, adapted to pandemic-related challenges and worked diligently to continue the miracle of organ and tissue donation. In 2021, for the first time ever, the United States surpassed 40,000 organ transplants in one year, according to United Network for Organ Sharing (UNOS), the organization that assists OPOs in matching donated organs with patients on the waiting list. The United States has the highest-performing donation and transplant system in the world, thanks to the dedication and hard work of

Thank you Tennesseans for saving and improving lives in record numbers!



thousands of dedicated professionals across the country.

Even with the increasing numbers of organ donor heroes, the number of people in need of transplants continues to rise at a faster pace. Over 106,000 people are currently on the national organ trans-

plant waiting list and more than 3,000 of those are on the Tennessee waiting list. Approximately 20 people in the U.S. die each day because of the need of lifesaving organs.

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