



new hampshire
WOMEN'S FOUNDATION

To: Chairman Ladd and members of the House Education Committee

Re: HB 1109, relative to requiring student identification cards to include the helpline for the National Alliance for Eating Disorders.

Date: January 18, 2024

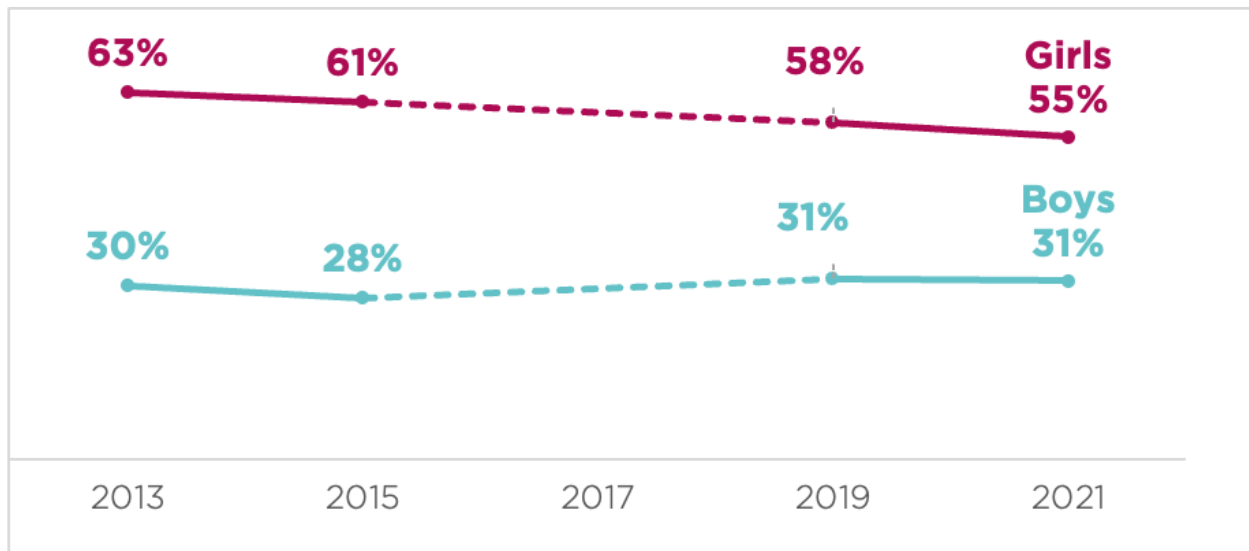
Position: Ought to pass

The New Hampshire Women's Foundation invests in equality and opportunity for New Hampshire women and girls through research, education, advocacy, and grantmaking.

We respectfully encourage the Committee to recommend HB 1109 Ought to Pass because this legislation will have a positive impact on youth, particularly girls. New Hampshire girls are more likely than boys to try to lose weight and engage in harmful ways to lose weight, however, girls are also more likely to ask for help from services such as NH Crisis Text Line. **Putting resources literally in the hands of students will support girls and is a smart way to reduce stigma and reach all students where they are.**

Girls' Report Trying to Lose Weight at Greater Rates than Boys

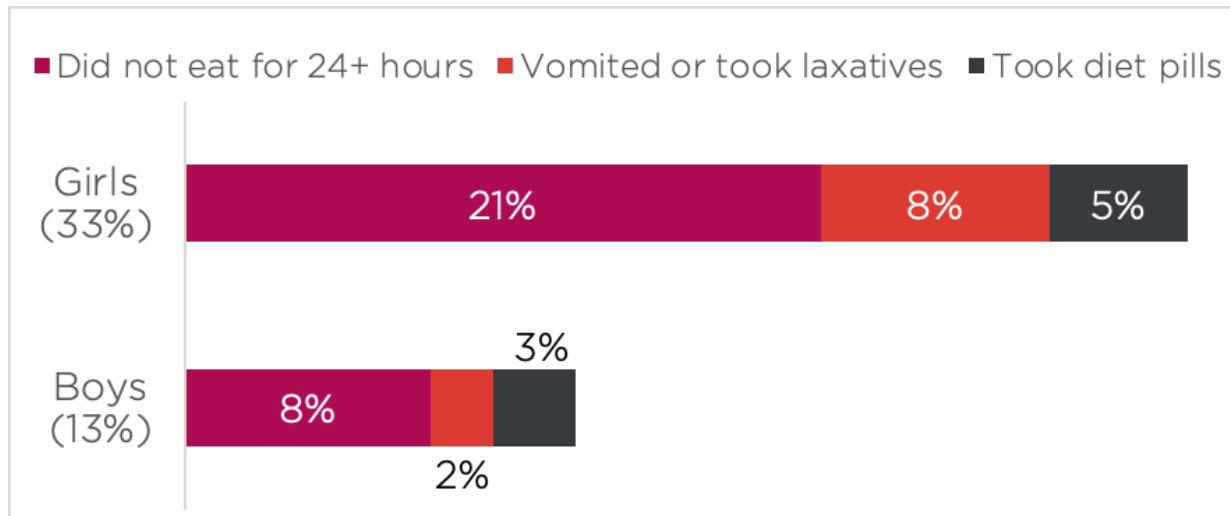
Youth Risk Behavior Data shows us that girls try to lose weight at greater rates than boys, despite the fact that girls have lower obesity and overweight rates than boys.¹



¹ NH DHHS Data Portal, YRBS Summary, 2013, 2015, 2019, 2021, wisdom.dhhs.nh.gov

Girls Report Harmful Ways They Try to Lose Weight

Girls are more likely to engage in harmful ways to lose weight, including not eating for 24 hours or more, vomiting or taking laxatives, and taking diet pills.²



Girls Getting support and services for eating disorders

Almost five times as many New Hampshire girls than boys in both commercial health insurance and Medicaid are diagnosed with an eating disorder.³ Girls are more likely to ask for help from services such as NH Crisis Text Line, where 3 out of 4 youth callers identify as girls.⁴ Girls are likely to use services when they know about them and they are more likely to need support for disordered eating.

Conclusion

Knowledge of and access to support like the helpline for the National Alliance for Eating Disorders will support youth, particularly girls who struggle with disordered eating. We respectfully urge the Committee to recommend HB 1109 Ought to Pass.

Respectfully submitted,

Devan Quinn
Director of Policy
New Hampshire Women's Foundation

² NH DHHS Data Portal, YRBS Summary, 2019, wisdom.dhhs.nh.gov

³ NH DHHS; EBI data as of 9/28/2023 for CY 2022. (.9% of girls enrolled in commercial health insurance and .5% of girls enrolled in Medicaid have an eating disorder diagnosis compared to .2% of boys enrolled in commercial health insurance and .1% enrolled in Medicaid.)

⁴ Crisis Text Line. (2023). *Engagement dashboard, January 01—July 27, 2023, New Hampshire.*