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### **‘Everybody Knows Somebody 5K’ Raises Funds to help GWU Students**

Office of University Communications

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# 'Everybody Knows Somebody 5K' Raises Funds to help GWU Students

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Office of University Communications

January 31, 2020



*Event Brings Awareness to Prevalence of Eating Disorders*



BOILING SPRINGS, N.C.—Each year, the Gardner-Webb University Counseling Center sponsors “Everybody Knows Somebody 5K” to raise awareness about eating disorders and collect donations for GWU students. This year’s walk/run will be held Feb. 22. Registration on race day will be between 7 and 8:45 a.m. in the Tucker Student Center parking lot. The race will begin at 9 a.m.

“This is our eighth annual 5K,” noted University Counselor Stephanie Allen. “It is important for the community to support this event to help Gardner-Webb University students who are unable to receive specialized eating disorder treatment without our financial assistance. The funds raised during this event go specifically to our students in need, and allow us to assist them in remaining on campus during their treatment by accessing local services.”

The GWU Physical and Health Education Majors Association is helping to coordinate the event and additional sponsors are Preferred Choice Healthcare in Shelby, N.C., and The Renfrew Center in Charlotte, N.C.

According to researchers, anorexia nervosa has the highest mortality rate of any mental illness. It is characterized by a distorted body image, with an unwarranted fear of being overweight. In the United States, 20 million women and 10 million men suffer from a clinically-significant eating disorder at some time in their lives, reported one study.

Another study, funded by the National Eating Disorders Association, surveyed 165 colleges and universities in the U.S. to create a database of services and programs available to students at participating colleges across the country. The same study found that the rate of eating disorders among college students surveyed from one college increased from 7.9 percent to 25 percent for males and 23.4 percent to 32.6 percent for females over a 13-year period.

Pre-registration is available at [www.gardner-webb.edu/everybody-5k](http://www.gardner-webb.edu/everybody-5k). The cost is \$20 for adults, \$10 for high school and college students, and \$15 for GWU faculty and staff, For more information, contact Stephanie Allen at 704-406-2177 or [sallen15@gardner-webb.edu](mailto:sallen15@gardner-webb.edu)

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