

# Eating Disorders

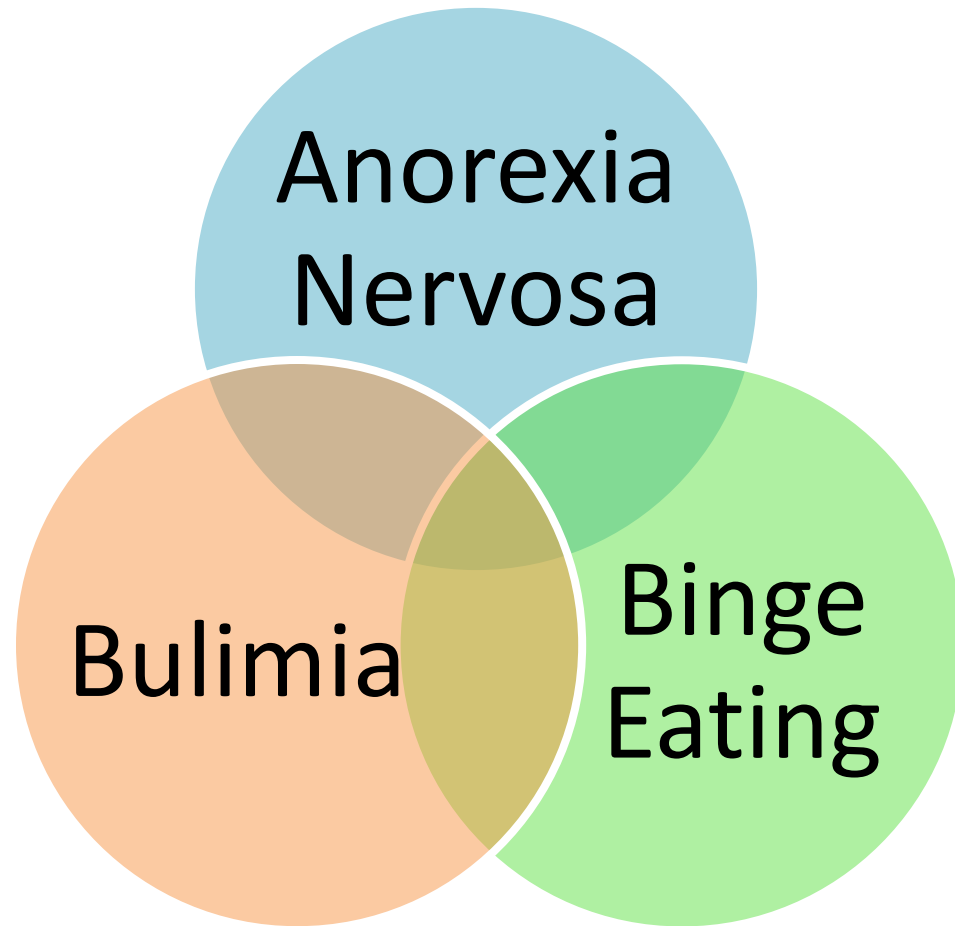
*More than what it seems.*



# What is an Eating Disorder?

- Definition:  
*An extreme and damaging eating behavior used to cope with mental health problems.*
- The Secondary problem is dysfunctional (abnormal) eating behavior.
- The Primary (the main) reason is an *underlying mental health problem the person has not dealt with.*
- Most people with eating disorders are between the ages of *14-25*
- Most people with eating disorders are females.

There are three main types of eating disorders.



# Definitions: Anorexia, Bulimia, Binge Eating

Anorexia: An  
Obsessive fear of  
being fat which  
results in self  
starvation.

Bulimia: Eating  
huge amounts  
of food and  
then finding  
ways to get rid  
of it.

Binge Eating:  
Continuing to eat  
huge amounts of  
food even when  
feeling full.

# Signs and Symptoms

## Anorexia:

Happy to be told are too thin

- Lying that have eaten
  - Bruises easily
- Negative and distorted body image
  - Excessive exercising
  - Frequently cold
- Brain damage and heart problems- low blood pressure
- Cutting food into small pieces.

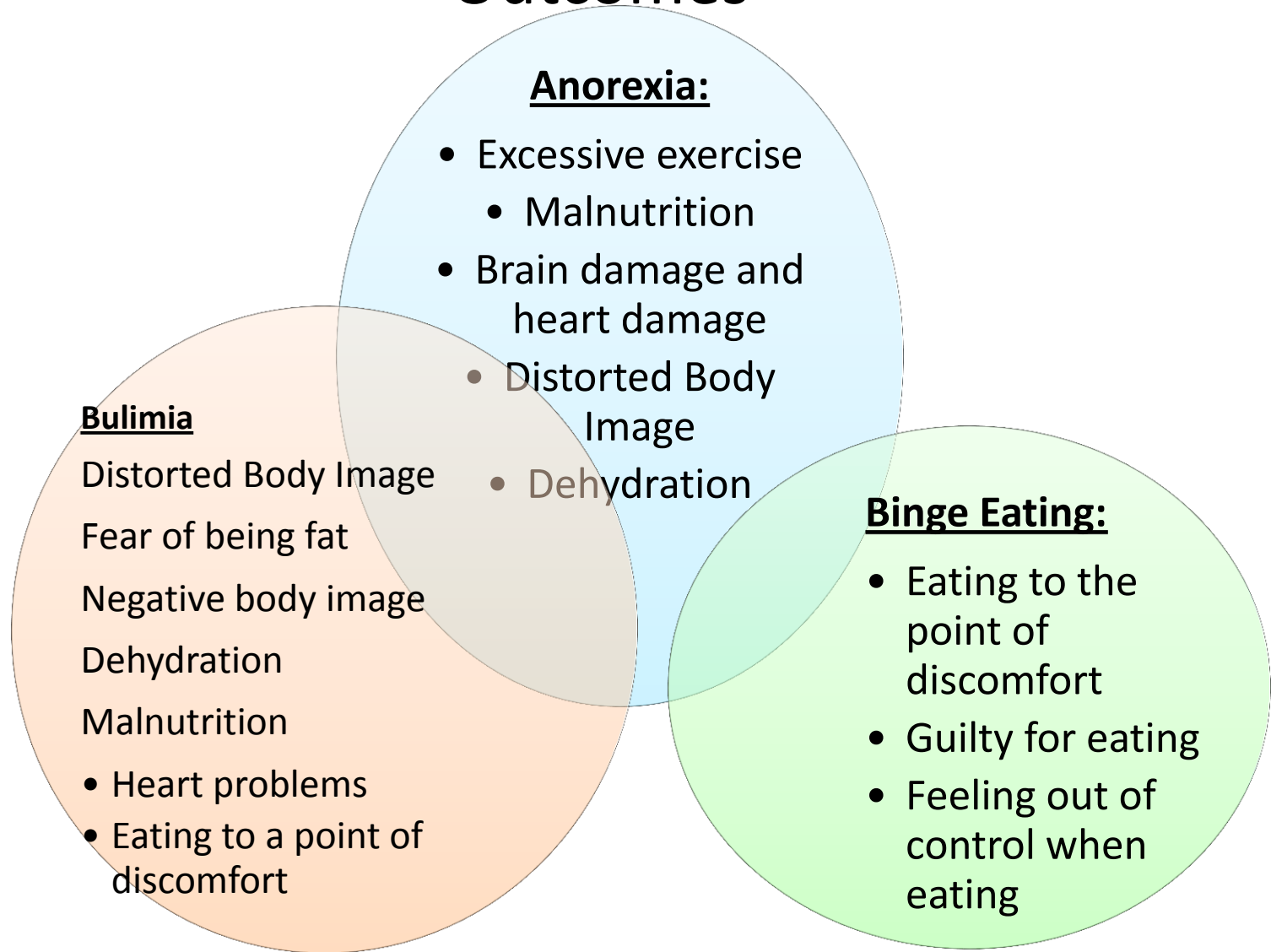
**Bulimia:** Binging on high fat and high sugar foods

- Going to the bathroom after eating to purge
- Can maintain normal weight
- Rotten teeth and gums
- Feeling out of control of behavior
- Binge/purge 2x /week for 3 months

## **Binge eating:**

- Frequently eating huge amounts and feeling out of control of binge
- Eating when not hungry
- Eating alone and then feeling guilt and depression.

# Similarities of Physical, Mental, and Emotional Outcomes



# Red Flags Signaling an Eating Disorder



- Skipping meals
- Making excuses for not eating
- Eating only a few certain "safe" foods, usually those low in fat and calories
- Adopting rigid meal or eating rituals, such as cutting food into tiny pieces or spitting food out after chewing
- Cooking elaborate meals for others, but refusing to eat them themselves
- Withdrawing from normal social activities
- Persistent worry or complaining about being fat
- A distorted body image, such as complaining about being fat despite being underweight
- Not wanting to eat in public
- Frequent checking in the mirror for perceived flaws
- Wearing baggy or layered clothing
- Repeatedly eating large amounts of sweet or high-fat foods
- Use of dietary supplements or herbal products for weight loss

# When to See A Doctor

- Getting help may be difficult and may take many months to work through recovery. The person and the person's family will attend therapy so as to help the person suffering from the eating disorder. Because of its powerful pull, an eating disorder can be difficult to manage or overcome by yourself.
- Eating disorders can virtually take over your life. They may think about food all the time, spend hours agonizing over what to eat, and exercise to exhaustion.
- They may feel ashamed, sad, hopeless, drained, irritable and anxious. They may also have a host of physical problems because of your eating disorder, such as irregular heartbeats, fatigue, bowel troubles and dizziness.
- If you're experiencing any of these problems, or if you think you may have an eating disorder, seek medical help.



# Possible Causes of Eating Disorders

- The **exact cause of eating disorders** is **unknown**. As with other mental illnesses, there may be many causes. **Possible causes of eating disorders include:**
- **Family history.** Eating disorders are significantly more likely to occur in people who have parents or siblings who've had an eating disorder. In addition, there's some evidence that serotonin, a naturally occurring brain chemical, may influence eating behaviors.
- **Psychological and emotional health.** People with eating disorders may have psychological and emotional problems that contribute to the disorder. They may have low self-esteem, perfectionism, impulsive behavior, anger management difficulties, family conflicts and troubled relationships.
- **Society.** The modern Western cultural environment often cultivates and reinforces a desire for thinness. Success and worth are often equated with being thin in popular culture. Peer pressure and what people see in the media may fuel this desire to be thin, particularly among young girls.
- **Risk factors**

Certain situations and events might increase the risk of developing an eating disorder. These risk factors may include:

# Other Possible Causes of Eating Disorders

- **Family influences.** People who feel less secure in their families, whose parents and siblings may be overly critical, or whose families tease them about their appearance are at higher risk of eating disorders.
- **Emotional disorders.** People with depression, anxiety disorders and obsessive-compulsive disorder are more likely to have an eating disorder.
- **Dieting.** People who lose weight are often reinforced by positive comments from others and by their changing appearance. This may cause some people to take dieting too far, leading to an eating disorder.
- **Transitions.** Whether it's heading off to college, moving, landing a new job or a relationship breakup, change can bring emotional distress, which may increase your susceptibility to an eating disorder.
- **Sports, work and artistic activities.** Athletes, actors and television personalities, dancers, and models are at higher risk of eating disorders. Eating disorders are particularly common among ballerinas, gymnasts, runners and wrestlers. Coaches and parents may unwittingly contribute to eating disorders by encouraging young athletes to lose weight.
- **Being female.** Teenage girls and young women are more likely than teenage boys and young men to have eating disorders.
- **Age.** Although eating disorders can occur across a broad age range — from pre-adolescents to older adults — they are much more common during the teens and early 20s.

# Questions to Answer for Eating Disorders

1. Eating disorders are from which type of problems?
  - 2. What percentage of people with eating disorders are males?
  - 3. Which eating disorder is defined as the person starving himself or herself.
  - 4. List three symptoms of being Anorexic.
  - 5. At what age do eating disorders usually develop?
  - 6. When the body is extremely low on water is defined as which term?
  - 7. Explain what Bulimia is.
  - 8. List three examples of how a person “purges” or gets rid of the food he/she has eaten for a Bulimia.
  - 9. List three symptoms of Bulimia.
  - 10. List four physical outcomes of Anorexia and Bulimia.
  - 11. Explain what Binge Eating is.
  - 12. List three symptoms of Binge Eating.
  - 13. Explain how the 2 of the following can contribute to reasons an eating disorder may start.  
*Family influences, Emotional disorders, Transitions, Sports, Work , or School.*
  - 14. List four Red Flags of eating disorders.
  - 15. List two reasons why it is important to seek the help of a doctor for someone with an eating disorder.