



Eating Disorder Awareness

An eating disorder is a psychiatric illness characterized by an all-consuming desire to be thin and an intense fear of weight gain. Eating disorders can cause dangerous medical problems. The fear of weight gain is so great that the person may feel compelled to either limit food intake to dangerously small amounts or to use other compensatory methods (laxatives, vomiting) to control weight.

Resources

Body Positive www.bodypositive.com

Body Positive's mission is to empower people of all ages to celebrate their natural size and shape instead of what society promotes as the ideal body.

Anorexia Nervosa and Related Eating Disorders, Inc. (ANRED) www.anred.com

ANRED is a nonprofit organization that provides information about anorexia nervosa, bulimia nervosa, binge-eating disorder, and other food and weight disorders.

4 Girls Health www.4girls.gov

4 Girls Health was created to help girls between the ages of 10 and 16 learn about health, growing up, and other issues they may face.

National Association for Males with Eating Disorders (N.A.M.E.D.) namedinc.org

They aim to provide support for males affected by eating disorders, provide access to collective expertise, and promote the development of effective clinical intervention.

Eating Disorders Awareness and Prevention (EDAP) www.nationaleatingdisorders.org

EDAP provides information to individuals affected by eating disorders as well as information about innovative prevention and education programs.

American Obesity Association (AOA) www.obesity.org/subs/childhood/prevention.shtml

AOA provides resources, statistics, research, and advocacy information on preventing and treating obesity in adults and children.

The NEDA Helpline (800) 931-2237
Monday-Thursday from 9AM to 9PM ET,
and Friday from 9AM to 5PM ET



STATISTICS

- At least 30 million individuals of all ages and genders in the United States are diagnosed with an eating disorder, which is approximately 8% of the population, which equals out to 20 million women and 10 million men.
- Eating disorders have the highest mortality rate of any mental health disorder
- Approximately 30% of individuals who engage in binge and purge behaviors also engage in self-harm behaviors such as cutting
- Approximately every 60 seconds, an individual dies as a direct result of an eating disorder
- It is thought that ARFID may affect 3-5% of children
- 42% of 1st-3rd grade girls want to be thinner.
- Only one in 10 individuals with an eating disorder will receive treatment
- 13% of women over the age of 50 engage in some sort of eating disorder behavior
- 81% of 10 year olds are afraid of being fat
- Binge eating disorder is the most common eating disorder in the United States affecting 3.5% of women and 2% of men
- Approximately 50% of the risk for binge eating disorder is genetic
- Avoidant/restrictive food intake disorder (ARFID) may be more common in boys than girls
- Approximately 10% of female college students suffer from a clinical eating disorder

Types of Eating Disorders

Anorexia nervosa.

This disorder is characterized by a refusal to maintain a minimally normal body weight, which is defined as at least 85% body weight compared to the national norms.

There are two types: the restricting type and the binge-eating and purging type. Restricting-type anorexics limit their food intake so severely that their bodies experience starvation. Many restricting-type anorexics initially feel a euphoria that is referred to as the dieter's high, which eventually disappears and is replaced by a constant depressed mood. Binge-eating and purging-type anorexics use inappropriate compensatory behaviors, such as self-induced vomiting, after eating.

Bulimia nervosa.

This is distinguished by reoccurring episodes of binge eating followed by inappropriate compensatory behaviors such as self-induced vomiting, misuse of laxatives, diuretics or other medications, fasting, or excessive exercise. Bulimia is diagnosed twice as often as anorexia, but in contrast to people with anorexia (including binge and purging type) those with bulimia maintain a fairly average body weight, making it difficult to detect based on appearance alone. Bulimics are more likely to seek out treatment for their illness than are anorexics.

Binge-eating disorder. An individual with a binge-eating disorder binges in the same way as a individual with bulimia, but does not compensate for the binge. A binge is typically composed of foods that are high in fat and sugar content. Although most individuals with a binge-eating disorder tend to be obese, some do manage to maintain an average weight by alternately bingeing and starving.

Disordered eating.

Disordered eating refers to such eating behaviors as restrictive dieting, bingeing, or purging that occur less frequently or are less severe than those required to meet the full criteria for the diagnosis of an eating disorder.

How You Can Help?

Parents

Set a good example- Demonstrate a healthy lifestyle without obsessing over food or your body

Do not diet and do not encourage your child to diet-Provide nutritious foods in your home. Teach your child to listen to what his or her body needs when deciding how much, and what, to eat.

Encourage exercise and vigorous play

Support your child at his or her weight

Advocate for your child against harassment

Encourage your child to become active in something he or she enjoys.

Evaluate school lunches

Teachers

Discipline students who discriminate and harass others based on size.

Be aware of appropriate resources within the school, and make a referral if a student voices a need for help in dealing with an eating problem.

Seek help when needed. When you have a concern about a student's eating habits, bring it to the attention of the school student support team.

teachers should be especially sensitive When eating disorders are a topic in the curriculum (in health or psychology classes), **Students should not be referred based solely on their body size.**

Friends

Discuss your concerns

Suggest they see a doctor, counselor or other health professional Offer to go with your friend to find support Find out as much as you can about eating disorders from reliable sources.

Try not to be too watchful of your friend's eating habits, food amounts, and choices.

Know your limits. Being concerned and trying to help is part of a good friendship. But don't take it on yourself to fix things.

Focus on inner qualities.

Remind your friend that you're there no matter what.

School is a great place to reach out for help

You may want to reach out to someone to talk to if you're being bullied or to get advice on how to help your friend. Consider talking to a:

School Psychologist, School Nurse, Student Advisor, Teacher, or Coach