



# Eating Disorders

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## What are Eating Disorders?

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- Eating Disorders involve extreme eating habits, such as refusing to eat enough food, eating too much food, purging after meals, or a combination of these. (About.com)

## Causes of Eating Disorders

- Psychological Factors
- Interpersonal Factors
  - Social Factors
  - Other Factors



## Psychological Factors

- Low self-esteem
- Feeling of helplessness
- Depression
- Anxiety
- Feeling alone



## **Interpersonal Factors**

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- Family problems
- Difficulty with relationships
- Criticism about weight
- Physical and sexual abuse



## **Social Factors**

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- Media influence
- Cultural norms
- Importance of physical appearance
- Peer pressure



## Other Factors

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- Biochemical imbalances
- Can run in families



## Body image is . . .

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- How you see yourself (in mirror)
- What you believe about your own appearance
- How you feel about your body (height, shape, and weight)
- How you feel **in** your body, not just **about** your body.
- Two types: Positive and Negative Body Image



## Negative body image is . . .

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- Distorted perception
- Only other people are attractive
- Self-conscious and ashamed
- Uncomfortable and awkward



## Anorexia Nervosa

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- An eating disorder that is characterized by an individual's choice to not eat due to fear of gaining weight.
- Excessive exercise and use of laxatives



## Signs of Anorexia Nervosa

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- yellowish skin
- low blood pressure
- being cold
- constipation
- vomiting



## Medical Conditions

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- Loss of estrogen in females
- Osteoporosis
- Hypotension
- Edema
- Major Depressive Disorder, Schizophrenia, Social Phobia, Obsessive-Compulsive Disorder, and Body Dysmorphic Disorder



## Treatment

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- Nutritional therapy
- Relaxation therapy
- Herbal therapy
- Hospital treatment
- Outpatient therapy



## Bulimia Nervosa

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- An eating disorder that is characterized by binge eating followed by inappropriate means to prevent weight gain
- Concerned with body shape and weight



## Bulimia Targets

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- Industrialized countries/ white population
- Both genders (90% female)
- Most common among adolescence and early adult life.



## Bulimics...

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- 1) Binge- eating a large amount of food in a short period of time.
- 2) Purging
  - -vomiting
  - -laxatives
  - -excessive exercise





## Medical Conditions

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- Menstrual irregularities or amenorrhea
- Electrolyte imbalances due to purging
- Seizures and irregularities in heartbeat
- Extreme cases



## Treatment

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- Care plan: doctor, dietitian, and a counselor
- Self help books
- Cognitive Behavior Therapy/Behavioral health care professionals
- prescriptions



## Binge Eating

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- Binge eating is "a condition in which you regularly eat large amounts of food within a couple of hours or less (a binge).
- During the binge you feel that you cannot control your eating, and you feel unhappy about it afterward
- Depression and body images issues are a major cause of binge eating



## Other less known eating disorders

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- Pica—craving and eating non-foods
- Trance eating
- Chewing and spitting food out to fool stomach
- Overeating for weight gain



## Symptoms of Anorexia/ Bulimia

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- Dramatic weight loss in a short period of time.
- Changes in eating pattern (unusual food patterns)
- Obsession with counting calories
- Low blood pressure
- Dizziness and headaches



## Symptoms of Binge Eating

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- Large consumption of food in one sitting
- Depression
- Weight gain
- Strange food cravings



## Criteria

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Anorexia Nervosa: amenorrhea (females)

Bulimia Nervosa: on average at least twice a week for 3 months

Binge-eating: eating a large amount of food within 2-hour periods two days a week for at least 6 months.



## Everybody is Different

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- Genetics influence bone structure, shape, body size, and weight.
- Ideal weight- weight that allows you to lead a healthy, energetic life
- Avoid comparing yourself to other people because after all everyone is unique in their own way.
- LISTEN TO YOUR BODY



## Our suggestions

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- Make a list of all of your strengths and what makes you different.
- Monitor your energy levels because they usually tell you if you are eating right.
- Balance, variety, moderation and exercise.



## Quote of the day

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- Accept yourself -- Accept your body.  
Celebrate yourself -- Celebrate your body.