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FAST FACTS:

- Anorexia Nervosa was introduced as a new mental disorder in the late 19th century.
- Eating disorders have been identified as one of the top 10 leading causes of disability among young women.
- Anorexia Nervosa has the highest mortality rate of all mental disorders.
- Eating disorders can be found in all different cultures.
- Americans spend over 40 billion dollars on dieting every year.
- Approximately 10 million females and 1 million males are struggling with an eating disorder.

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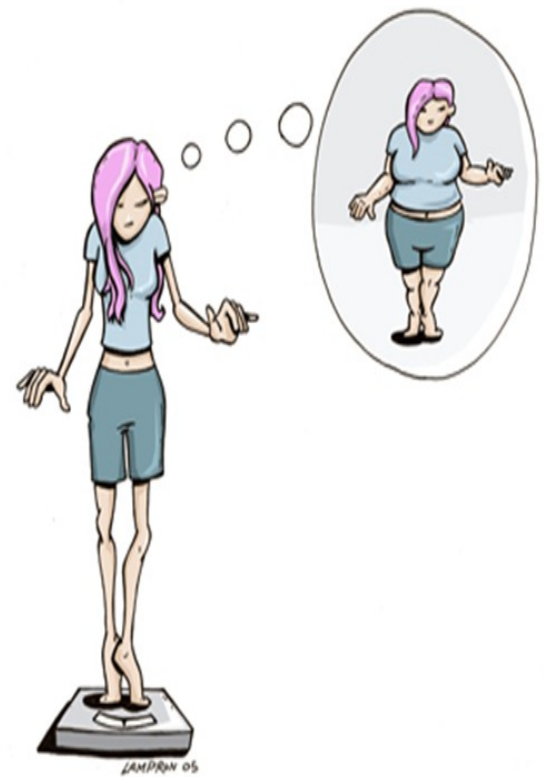
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Eliminating Eating Disorders

Adolescence and early adulthood have been identified as the periods of time most likely for individuals to develop eating disorders. Females far outnumber males in diagnoses. Eating disorders can be divided into three categories: anorexia nervosa, bulimia nervosa, and eating disorder not otherwise specified (which includes binge eating disorder). Research has shown that eating disorders have the highest rate of mortality among all mental disorders. Although diagnoses typically indicate lifelong struggles and treatment outcomes vary, positive results are correlated with receiving early treatment. That is why eating disorders are of critical importance to understand and identify early. Generating awareness of eating disorders is just one way we can begin to fight this epidemic. We address each type of eating disorder, warning signs and symptoms, as well as prevention tips that may help prevent the development of eating disorders throughout this month's issue.

What is Anorexia Nervosa?

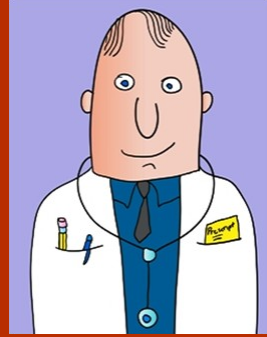
Anorexia Nervosa is an eating disorder that is typically characterized by severe diet restriction or in more severe cases, complete starvation. Individuals with anorexia can experience severe medical problems including malnutrition, loss of menstrual cycle (in females), loss of hair, and/or dehydration. This disorder can be deadly without treatment.



Distortion in perceived body image is a common characteristic of those with eating disorders.

Warning Signs & Symptoms:

- Preoccupation with weight, food, calories or nutrition
- Distorted body image--reports feeling or insists he/she is "fat" despite being underweight
- Thin, and continues getting thinner
- Denies having an appetite
- Weighs themselves very often
- Continues limiting intake of food or calories despite being underweight
- Noticeable thinning or loss of hair



If you suspect that someone you know may have an eating disorder, please consult a professional.

For More Information Please Visit:

The Renfrew Center
www.renfrewcenter.com
The Renfrew Center is committed to increasing education, prevention, research, and treatment of eating disorders. This website offers detailed information about eating disorders and how to help someone you may suspect has an eating disorder.

National Eating Disorder Association (NEDA)
www.nationaleatingdisorders.org/
NEDA is a non-profit organization. This website offers valuable information regarding eating disorders. It also has many tools that parents can use to help promote positive body image, resources for seeking help, as well as additional prevention tips.

www.edreferral.com
This website is a database of eating disorder treatment professionals. You can find one in your area. It is updated daily.

What is Bulimia Nervosa?

Bulimia Nervosa is a category of eating disorder that is characterized by binges and purges. Binges are discrete periods of time where an individual eats more than a normal person would eat within the same time period. Purging typically consists of vomiting, excessive use of laxatives, or obsessive exercise. This disorder also causes serious medical complications such as dental and esophageal problems.

Warning Signs & Symptoms:

- Weight is in constantly fluctuating
- Is overly preoccupied with their weight and/or food
- Frequently uses the bathroom after eating
- Often tries to diet, but is usually unsuccessful
- Typically has a distorted body image—thinks that they are much heavier than they truly are
- May react to stress or other emotional situations by overeating
- Feels guilty about eating

What is EDNOS?

EDNOS stands for Eating Disorder Not Otherwise Specified. This category includes disorders that may not meet all the criteria for anorexia or bulimia. The most common form of EDNOS is binge eating disorder. Binge eating disorder is characterized by compulsive overeating without purging. An individual with binge eating disorder will continue to eat despite being full.

Warning Signs & Symptoms:

- Consumes a large amount of food very quickly
- May continue to eat excessively despite being satiated
- May consistently prefer to eat in private—this may be due to embarrassment
- May have a history of distinct weight fluctuations

Prevention Tips for Parents

There are many ways that parents can help try to prevent the vicious cycle of eating disorders. Here are some prevention tips:

Body Image:

- Promote acceptance of different body shapes. As a parent, examine your own beliefs about weight and body image and ensure that you are communicating positive attitudes or beliefs.

Don't Weigh:

- Sign a contract with your son or daughter that you will not weigh yourself. This will help generate self acceptance of body shape and natural weight.

Fight the Media:

- The media promotes thin as beautiful. Take steps to become a critical viewer of the media's portrayal of "beauty." Encourage your child to adopt a critical eye.

Talk about it:

- Discuss the dangers of dieting with your child. Encourage your child to listen to their body—eat when hungry and stop when full. Do not label foods as "good" or "bad."

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