

TOPIC: EATING DISORDERS

Body Image and Eating

- ◆ **Body Image:** thoughts, _____, & critiques about one's body.
 - Can be positive or _____; accurate or _____.
 - **Body dysmorphia:** unhealthy preoccupation with _____ in one's body.
- ◆ Body image is one of _____ factors that may lead to:

◆ **Disordered Eating:** atypical & unhealthful eating behaviors.

- *E.g.*, restrictive eating, bingeing, excessive _____, repeated dieting, etc.
- Broad term with no _____ definition.
- Often linked to negative body image or _____.
- Range in severity.
- May evolve into _____ eating disorder.

◆ **Eating Disorders:** _____ behaviors that meet clinical criteria as _____ disorder.

- *E.g.*, anorexia nervosa, bulimia nervosa, binge eating disorder, and others.
- Affect 9% of Americans¹ in their lifetime.
- ◆ Causes may include:
 - Sociocultural: social _____, social expectations.
 - Psychological: depression, _____, OCD.
 - Genetic predisposition.

★ Deloitte Access Economics, The Social and Economic Cost of Eating Disorders in the United States of America: A Report for the Strategic Training Initiative for the Prevention of Eating Disorders and the Academy for Eating Disorders. June 2020. Available at: <https://www.hsph.harvard.edu/stripped/report-economic-costs-of-eating-disorders/>.

PRACTICE

Which statement below best describes disordered eating?

- a) Disordered eating involves the same behaviors as eating disorders, but they occur more infrequently.
- b) Disordered eating is unhealthy behavior around food or eating outside of what is considered normal variation.
- c) Disordered eating includes a subset of eating disorders that do not involve purging or meal avoidance.
- d) Disordered eating is clinically diagnosed unhealthy eating behavior that is not considered dangerous.

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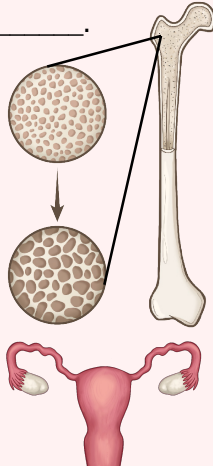
PRACTICE

Why does body dysmorphia often lead to disordered eating or eating disorders?

- a) Body dysmorphia involves an unhealthy focus on the nutrition of food; trying to control nutrition too closely can result in disordered eating.
- b) Body dysmorphia involves an inability to lose weight effectively; trying to lose weight in that case can result in disordered eating.
- c) Body dysmorphia is defined as trying to lose an unhealthy amount of weight; unhealthy attempts to lose weight can result in disordered eating.
- d) Body dysmorphia involves an unhealthy focus on certain body flaws; attempts to correct those flaws can result in disordered eating.

TOPIC: EATING DISORDERS

Anorexia Nervosa

Anorexia		
Definition	Body Response	Prevalence
_____ calorie deficit caused by restrictive eating → _____. One of the _____ mortality rates amongst any psychological disorder.	◆ Electrolyte imbalances → _____. ◆ _____ pulse & body temp. ◆ _____ muscle mass. ◆ _____ bone density. ◆ Brittle hair & _____. ◆ Loss of _____ cycle (Amenorrhea) & fertility. ◆ Lanugo: layer of fine _____ on face and body. 	Females: 0.16%¹. Males: 0.09%¹. ◆ _____ in weight class or aesthetic sports (dance, figure skating, etc.) at greater risk.

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EXAMPLE

In the space below, list four health consequences of anorexia.

1	_____
2	_____
3	_____
4	_____

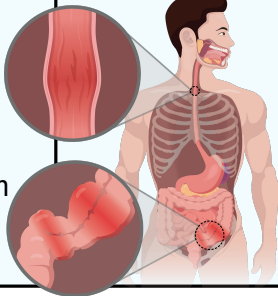
PRACTICE

Which of the following is a key marker of anorexia nervosa?

- | | |
|--|--|
| a) Only eating at night. | c) Eating upwards of 1,000 Calories in one meal. |
| b) Only eating “clean” or “good” foods | d) Extremely restricted calorie intake. |

TOPIC: EATING DISORDERS

Bulimia Nervosa & Binge Eating Disorder

Bulimia		
Definition	Body Response	Prevalence
Repeated episodes of: Binging: eating a _____ quantity of food in short period of time. Purging: compensatory behavior to _____ weight gain (e.g., _____, laxatives, excessive exercise).	◆ Damage to _____ of GI tract (esophagus, mouth, & teeth). ◆ _____ imbalances. ◆ Constipation & GI problems from laxative abuse. 	Females: 0.32% ¹ . Males: 0.05% ¹ .

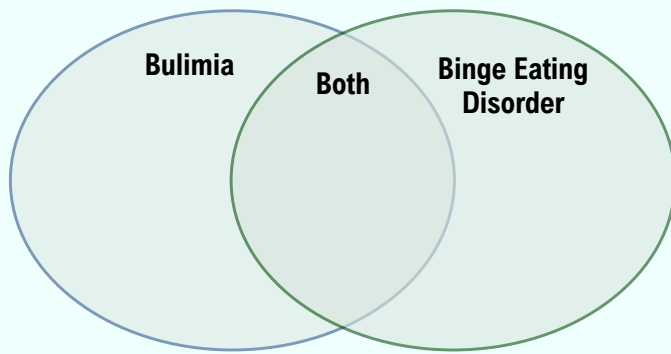
Binge Eating Disorder		
Definition	Body Response	Prevalence
Repeated episodes of bingeing _____ purging. Regularly involves eating past the point of physical discomfort.	◆ Can lead to obesity. - Hypertension, heart disease, & type _____ diabetes. ◆ More common in people with _____. - Can reinforce _____ body image.	Females: 0.96% ¹ . Males: 0.26% ¹ . ◆ Most _____ eating disorder in US.

* Deloitte Access Economics, The Social and Economic Cost of Eating Disorders in the United States of America: A Report for the Strategic Training Initiative for the Prevention of Eating Disorders and the Academy for Eating Disorders. June 2020. Available at: <https://www.hsph.harvard.edu/stiped/report-economic-costs-of-eating-disorders/>.

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EXAMPLE

In the table below, contrast bulimia and binge eating disorder.



Statements

- a. Most common eating disorder in America.
- b. Involves eating large quantities of food in a single sitting.
- c. Involves compensating for eating through unhealthy methods.
- d. More common in people with obesity.
- e. Can result in damage to esophagus and teeth.
- f. More common in females than in males.

PRACTICE

Many of the health consequences of bulimia involve damage to the gastrointestinal tract. What is a major reason for that?

- a) Vomiting causes stomach acid to corrode the lining esophagus, mouth, and teeth.
- b) Purging causes the body to shut down vital processes like maintaining tissue linings.
- c) Nutrient deficiencies and electrolyte imbalances lead to inability of cells to repair themselves.
- d) Excessive laxative use damages the cells of the stomach.

PRACTICE

Which of the following descriptions is the *best* descriptor of Bulimia?

- a) Binging followed by vomiting.
- b) Using self-induced vomiting or laxatives as a weight loss tool.
- c) Binging followed by compensatory behaviors aimed at removing the food or Calories.
- d) Restricting overall calories with occasional binging episodes.

TOPIC: EATING DISORDERS

Treatment

◆ Treatment for eating disorders often requires _____ disciplinary teams.

Medical: stabilize the patient's

_____ functions
& monitor health.



Psychological: address underlying
psychological issues like

_____ & depression.



Nutritional: create an adequate,
varied, & _____ dietary plan.



◆ Receiving treatment _____ leads to more successful outcomes.

PRACTICE

Which statement about treatment of eating disorders is most accurate?

- a) Correct nutritional guidance can usually correct most minor eating disorders.
- b) Treating the physical consequences of eating disorders medically is always the first step in treating an eating disorder.
- c) Eating disorders are mental health conditions and regularly require psychological treatment.
- d) With treatment, virtually all eating disorders resolve in healthy outcomes.