

## 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 Americans<sup>1</sup> 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.

## **TOPIC: EATING DISORDERS**

### **PRACTICE**

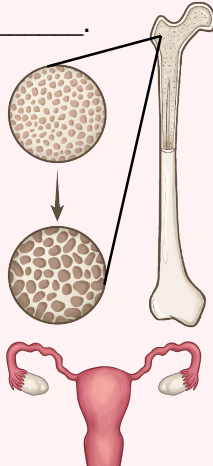
Why does body dysmorphia often lead to disordered eating or eating disorders?

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

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### EXAMPLE

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

1	_____
2	_____
3	_____
4	_____

### PRACTICE

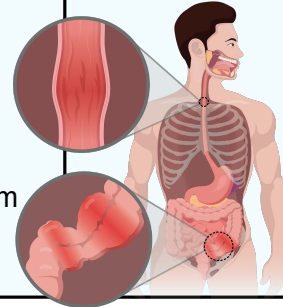
Which of the following is a key marker of anorexia nervosa?

- |  |  |
|--|--|
| 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: <b>Binging:</b> eating a _____ quantity of food in short period of time. <b>Purging:</b> compensatory behavior to _____ weight gain (e.g., _____, laxatives, excessive exercise).	<ul style="list-style-type: none"><li>◆ Damage to _____ of GI tract (esophagus, mouth, &amp; teeth).</li><li>◆ _____ imbalances.</li><li>◆ Constipation &amp; GI problems from laxative abuse.</li></ul>	Females: 0.32% <sup>1</sup> . Males: 0.05% <sup>1</sup> .



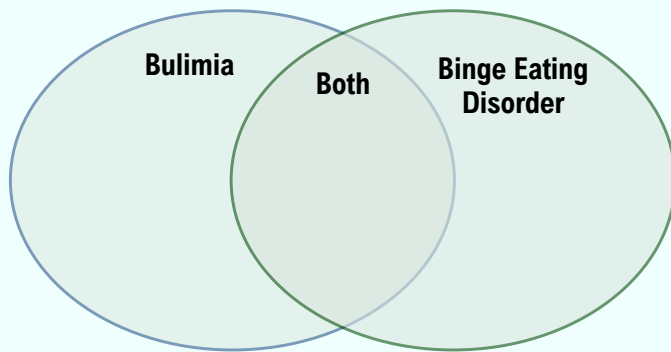
Binge Eating Disorder		
Definition	Body Response	Prevalence
Repeated episodes of bingeing _____ purging. Regularly involves eating past the point of physical discomfort.	<ul style="list-style-type: none"><li>◆ Can lead to obesity.<ul style="list-style-type: none"><li>- Hypertension, heart disease, &amp; type _____ diabetes.</li></ul></li><li>◆ More common in people with _____.</li><li>- Can reinforce _____ body image.</li></ul>	Females: 0.96% <sup>1</sup> . Males: 0.26% <sup>1</sup> . ◆ 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/>.

## TOPIC: EATING DISORDERS

### 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.