DO YOU KNOW SOMEONE WHO...

... might have an eating disorder?
A PRESENTATION FOR EATING DISORDERS AWARENESS WEEK

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"All of these people suffer from a serious, life-threatening Eating Disorder."

shetakesflight.tumblr.com
Statistics – U.S.

At some point in their lives…

- 20 million women
- 10 million men
- ? million not reported

...suffer from a clinically significant eating disorder.

Prevalence – U.S.

- **Anorexia Nervosa**
  - 5-9 in 1000 females
  - 3 in 1000 males

- **Bulimia Nervosa**
  - 1.5 in 100 females
  - 5 in 1000 males

- **Binge Eating Disorder**
  - 3.5 in 100 females
  - 2 in 100 males

**Eating Disorders in Males -- a report from NBC's "Today" (08/20/12)**

Prevalence – U.S. and beyond

- The prevalence of eating disorders is similar among Non-Hispanic Whites, Hispanics, African-Americans, and Asians in the United States, with the exception that anorexia nervosa is more common among Non-Hispanic Whites\(^1\)

- Studies of eating attitudes indicate abnormal eating attitudes in non-Western countries have been gradually increasing\(^2\)

- Prevalence rates in Western (W) vs. Non-Western (NW) countries\(^2\)
  - (W) Anorexia nervosa: from 0.1\% to 5.7\% (in females)
  - (W) Bulimia nervosa: from 0.3\% to 7.3\% (in females)
  - (NW) Anorexia nervosa: from 0.002\% to 0.9\% (in females)
  - (NW) Bulimia nervosa: from 0.46\% to 3.2\% (in females)

Sources:

Statistics — Student Populations

- Of those with eating disorders, 86% report onset of eating disorder by age 20; 43% report onset between ages of 16 and 20\(^1\)
- 25% of college-aged women engage in bingeing and purging as a weight-management technique\(^2\)
- In a survey of 185 female students on a college campus, 58% felt pressure to be a certain weight, and of the 83% that dieted for weight loss, 44% were of normal weight\(^3\)

Sources:
Types of Eating Disorders

Anorexia Nervosa

- Refusal to maintain body weight at or above a minimally normal weight for age and height (less than 85% of normal body weight)
- Intense fear of gaining weight or becoming fat, even though underweight
- Disturbance in the way in which one’s body weight or shape is experienced, undue influence of body weight or shape on self-evaluation, or denial of the seriousness of the current low body weight
- In postmenarcheal females, amenorrhea (absence of three consecutive menstrual cycles)

Restricting Type: limits food intake in an attempt to lose weight or remain underweight

Binge-eating/Purging Type: engages in binge-eating or purging behaviors (e.g., self-induced vomiting; excessive exercise; abuse of laxatives, diuretics, or enemas)
Types of Eating Disorders

Bulimia Nervosa

- Recurrent episodes of binge eating
  - Eating an amount of food within a discrete time period that is larger than most people would eat
  - Feeling a lack of control over eating during this time
- Recurrent compensatory behavior to prevent weight gain (e.g., self-induced vomiting; misuse of laxatives, diuretics, enemas, etc.; excessive exercise)
- The binge eating and compensatory behaviors occur (avg) 2x/wk x 3 mos
- Self-evaluation is unduly influenced by body shape and weight

**Purging Type:** engages in self-induced vomiting or misuses laxatives, diuretics, or enemas

**Nonpurging Type:** compensates for binge eating through behaviors such as fasting or excessive exercise
Types of Eating Disorders

Eating Disorder Not Otherwise Specified (EDNOS)

- Meets all criteria for Anorexia Nervosa, except has regular menses
- Meets all criteria for Anorexia Nervosa, except despite significant weight loss, is still in a normal weight range
- Meets all criteria for Bulimia Nervosa except that binge eating and compensatory behaviors occur less than 2x/wk x 3 mo
- Uses compensatory behavior after eating a small amount of food and is a normal body weight
- Repeatedly chews and spits out food
- Binge eats without compensatory behavior

EDNOS -- a report from ABC News' "Nightline" (11/14/12)
Consequences of Eating Disorders

- Cardiac weakening
  - Symptoms: dizziness, lightheadedness, chest pain

- Gastrointestinal
  - Symptoms: bloating, nausea, constipation, abdominal pain, heartburn, gastroparesis, esophageal erosion

- Dental
  - Symptoms: enamel erosion, tooth loss

- Bone loss

- Infertility
Related to Eating Disorders

Eating Disorder

- Anxiety
- Depression
- Diabulimia
- Orthorexia
- Body Dysmorphic Disorder
- Exercise Addiction
- Binge Eating Disorder
- Drug or Alcohol Abuse or Dependence
Myths about Eating Disorders

Eating disorders are a choice.

Reality:
Eating disorders are biologically based illnesses.
Myths about Eating Disorders

Eating disorders happen only to rich white girls.

Reality:
Eating disorders happen to people of all gender, ethnicity, and socioeconomic status.
Myths about Eating Disorders

Overbearing mothers and distant fathers cause eating disorders.

Reality:
Parents do not cause eating disorders. However, strained relationships with parents can exacerbate eating disorder symptoms. Likewise, supportive parents can help people with eating disorders recover more quickly.
Myths about Eating Disorders

People develop eating disorders because they want to be thin.

Reality:
Although weight and appearance play a part in eating disorders, being thin is usually a pleasant side effect or a measurable goal of feeling “better.”
Myths about Eating Disorders

People develop eating disorders because they want control.

Reality:
While people with eating disorders may temporarily feel more in control, an effect which perpetuates the disease, the eating disorder is developed out of more complicated circumstances and control is always short-lived. Soon, the eating disorder controls the person.
Myths about Eating Disorders

The media is responsible for eating disorders.

Reality:
Most of the media in the U.S. creates ideals of women that are impossible to achieve. While these unrealistic and oversexed representations of the female body foster an environment in which eating disorders thrive, the media is not solely responsible for this biologically based mental illness.
Warning Signs of Eating Disorders

- Adhering to diets, regardless of weight
- Going into the bathroom immediately after meals
- Hiding or hoarding food
- Exercising compulsively, even when injured or sick
- Avoiding social situations that involve food
- Wearing clothing that hides or emphasizes weight
- Withdrawing from friends and family
Helping Friends Who Suffer

“Do”s

- Share your concern
- Ask them how you can best support them
- Listen
- Interact with them as you do all of your other friends

“Don’t”s

- Judge
- Fight with the eating disorder voice
- Be their therapist
- Talk negatively about your body or food
Helping a Friend Find Help

Emergency Situations

If a friend has any of the following symptoms, they need to go to a doctor or hospital immediately:

- Vomiting after every instance of eating or drinking
- Vomiting blood
- Complaining of severe dizziness, weakness, heart palpitations, chest pains, etc. or fainting
- Expressing suicidal thoughts
Getting Help for an Eating Disorder

- Talk to someone you trust immediately
- Make an appointment with your family physician
- Call your insurance company and find out about benefits for mental or behavioral health services
- Schedule an appointment with a therapist
- Enlist support from friends and/or family members
Community Resources

- Columbus State Counseling Services
  Nestor Hall Room 010, (614) 287-2818
  Referrals, outpatient counseling

- Kovacs Counseling
  Easton Town Center, (614) 245-5544
  Outpatient counseling, coordination of care

- Center for Balanced Living
  Worthington, (614) 293-9550
  Free support groups, group counseling
Community Resources

- Nationwide Children’s Hospital, Adolescent Health
  Columbus, (614) 722-2458
  Hospital unit, medical care, clinic (ages < 21)
- OSU Medical Center/Harding Hospital
  Columbus, (614) 293-9600
  Hospital unit, stabilization, referrals
Online Resources

For more information on eating disorders, treatment options, and recovery:

- National Eating Disorders Association
- Something Fishy Website on Eating Disorders
- Gurze Books Eating Disorders Blogs
- Kovacs Counseling
- The Center for Balanced Living
EVERYBODY KNOWS SOMEBODY
JOIN THE FIGHT AGAINST EATING DISORDERS

NATIONAL EATING DISORDERS AWARENESS WEEK
REGISTER TODAY AT NationalEatingDisorders.org.
INFORMATION AND REFERRAL HELPLINE: 800-931-2237