



# Addressing the Spectrum of Disordered Eating

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Mental Health America  
**B4Stage4**

# Guidelines for Today

Please avoid mentions of specific:

- Foods
- Numbers (including calories and weight)
- Eating disorder symptoms/behaviors (e.g., “I used to purge x times per day.”)
- Medications
- Violence/Trauma
- Diet Products

**What is an eating disorder?**

**Are there different eating disorders?**



# Eating Disorders

Eating disorders are complex, biopsychosocial illnesses that are characterized by a disturbance in an individual's thoughts, feelings, and behaviors around food, eating, exercise, and/or body shape and size.

# Anorexia Nervosa

Restriction of energy intake relative to energy requirements, body image disturbances and an intense fear of food or gaining weight.

**Restricting:** dieting, fasting and/or excessive exercise.

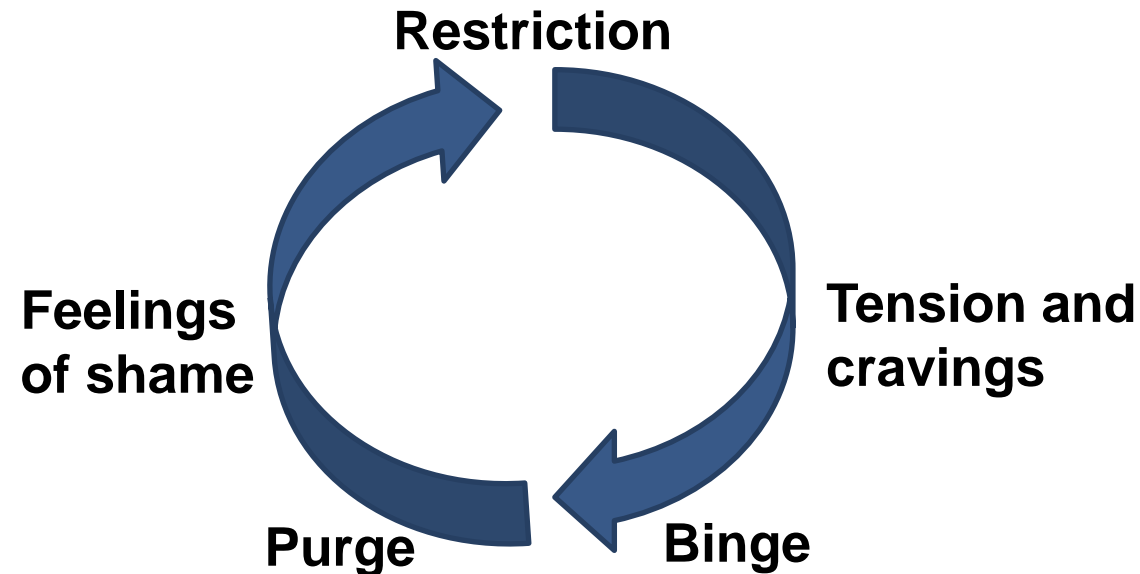
**Binge-eating/purging:** vomiting, misuse of laxatives, enemas and/or diuretics; carries greater medical risk.

# Signs and Symptoms of Anorexia Nervosa

- Steady, significant weight loss
- Paleness, gaunt appearance or yellowish skin-tone
- Dizziness or fainting
- Complaints of being cold
- Intense, dramatic mood swings
- Hair loss
- Growth of lanugo
- Abuse of laxatives, diuretics and/or diet pills
- Cessation of menstrual cycles
- Excuses for not eating
- Preoccupation with food, calories, cooking
- A high need for control
- Excessive and compulsive exercise
- Social isolation
- Loose clothes

# Bulimia Nervosa

A disorder in which an individual engages in episodes of bingeing and purging.



# Bulimia Nervosa

Episodes of binge eating

- Eating large amounts of food within a 2 hour period.
- Lack of control over eating during episode.

Recurrent inappropriate compensatory behavior

- In order to prevent weight gain, purging occurs at least once a week for three months.

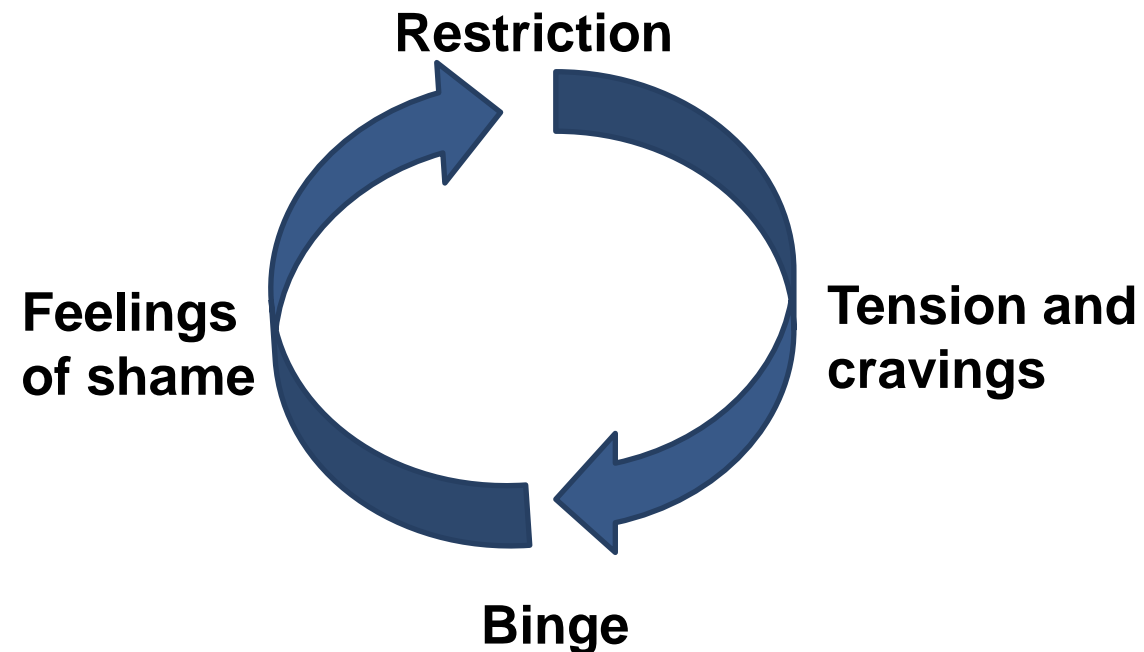


# Signs and Symptoms of Bulimia Nervosa

- Bingeing and purging
- Lack of control over eating
- Secretive eating and/or missing food
- Visits to the bathroom after meals
- Preoccupation with food
- Weight fluctuations
- Self-injurious behavior
- Excessive and compulsive exercise regimens

# Binge Eating Disorder

Recurrent episodes of binge eating without the purging behavior of Bulimia Nervosa.

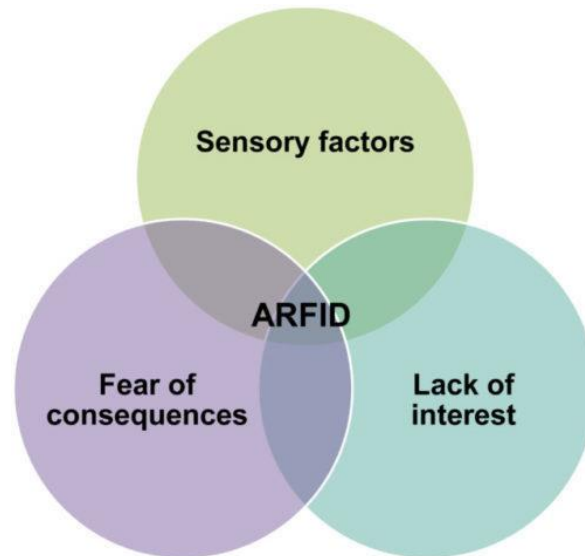


# Signs and Symptoms of Binge Eating Disorder

- Loss of control over food
- Uses food to self-medicate
- Rapid weight gain
- Will eat an unusually large amount of food within a 2 hour period.
- Will eat rapidly until uncomfortably full
- Will eat large amounts of food when not physically hungry.
- May be secretive around food and eat privately

# Avoidant Restrictive Food Intake Disorder (ARFID)

An eating or feeding disturbance characterized by highly selective eating habits, disturbed feeding patterns or both.



# Other Specified Feeding or Eating Disorders (OSFED)

Full criteria not met for previously reviewed eating disorder diagnoses.

- Purging Disorder
- Chewing & Spitting Behavior
- Night Eating Syndrome
- Nocturnal Sleep-Related Eating Disorder
- Atypical Anorexia Nervosa

# Atypical Anorexia Nervosa

All criteria for anorexia nervosa are met except weight is within or above the average BMI range.

Studies show that medical complications are equally severe whether the individual is categorically underweight or not.



# What are some common myths or misconceptions about eating disorders?

They are  
**NOT**  
disorders of choice.

Despite the archaic stereotype:

Eating disorders **DO NOT** discriminate. They affect individuals of all ages, genders, ethnicities, socioeconomic backgrounds, abilities, with a variety of body shapes, weights, and sizes.

Every **52** minutes someone dies as a direct result from suffering an eating disorder.

That's **10,200** deaths per year.

STRIPED, 2020

**How common are eating disorders?  
Who do they impact? Are they more  
prevalent in certain populations?**

**28.8 million** Americans will experience an eating disorder in their lifetime.

That's **9%** of the U.S. population.

6.7% = Major Depressive Disorder (MDD)

3.1% = Generalized Anxiety Disorder (GAD)

1.0% = Obsessive Compulsive Disorder (OCD)

STRIPED, 2020



- **BIPOC** with eating disorders are half as likely to be diagnosed or to receive treatment.
- 54% of **LGBTQ+** adolescents have been diagnosed with an eating disorder during their lifetime.
- **Asian American** college students report higher rates of restriction, purging, muscle building, and cognitive restraint than their white or non-Asian, BIPOC peers.
- **Hispanic people** are significantly more likely to suffer from Bulimia Nervosa than their non-Hispanic peers.
- 17% of **food-insecure Americans** exhibited a clinically significant eating disorder pathology

**What causes an eating disorder?**

**What are some protective factors to prevent developing an eating disorder?**



# Contributing Factors

- Genetics
- Puberty
- Environment
  - Media (mass and social), peers, culture
  - Weight Stigma
- Trauma
- Onset of Mental Illness
- Activities where weight regulation is demanded
- Physical illness that cause weight loss
- Diet Culture; Vegetarianism\*

**When do certain diets or food restrictions/limitations cross the line into disordered eating behaviors?**

**When do disordered eating habits become diagnosable eating disorders?**



# How are eating disorders treated?





# Members of the Treatment Team

- Individual therapist
- Family Therapist
- Registered Dietitian/Nutrition Therapist
- Support Group
- Psychiatrist
- Physician
- Dentist
- Other (i.e. Physical Therapist, Occupational Therapist, Case Manager, etc.)

# Levels of Care

- Outpatient
- Intensive Outpatient (IOP)
- Partial Hospitalization (PHP)
- Residential (Res)
- Inpatient (IP)
- Acute Medical Hospitalization

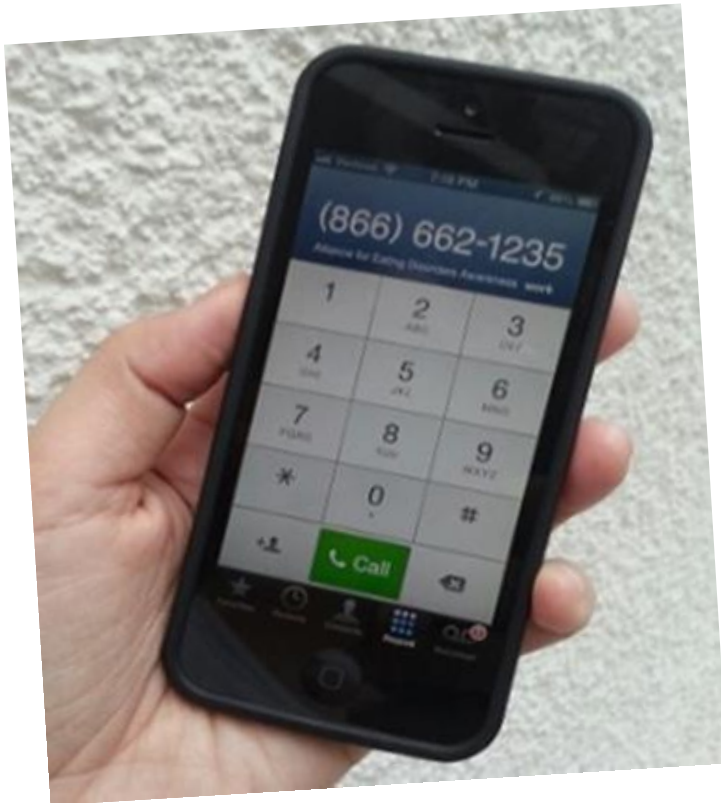
# How the National Alliance Can Help!



# Virtual Support Groups

- **Pro-Recovery Support Groups: *Individuals 18+***
  - Mondays, 7pm – 8:30 pm EST
  - Saturdays, 11am – 12:30 pm EST
- **LGBTQ+ Pro-Recovery Support Group: *LGBTQ+ Individuals ages 18+***
  - Wednesdays, 7:00 – 8:30 PM EST
- **Friends and Family Support Group**
  - Wednesdays, 7 - 8:30 pm EST
- **Mom2Mom Support Group**
  - Tuesdays at 4 – 5:30 pm EST

# Referrals To Care




## Referrals to All Levels of Care (Phone, Email, Social Media)

Our toll-free help line **866-662-1235** is operated by licensed therapists and offers support, psycho-education, and referrals to eating disorder treatment at all levels of care.

(M-F, 9-5:30pm EST)



# findEDhelp.com

ABOUT US RESOURCES CONTACT US  **THE ALLIANCE**  
for Eating Disorders Awareness DONATE ADMINISTRATION SEARCH

Treatment Center & Practitioner Directory jkandel@allianceforeatingdisorders.com | Logout

Simple Search

What are you searching for?

 Treatment Center  Practitioner

If you would like more assistance, please call the Alliance at **866.662.1235**. Our office hours are Monday-Friday, 9 am - 5 pm EST.

Advanced Search

**Download the findEDhelp app today!**

This inclusive database allows users to search for treatment using various criteria, including age, gender, treatment modalities, insurance coverage, and more.



The Alliance for Eating Disorders Awareness does not recommend or endorse any of the treatment centers listed here.  
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# NOT ONE MORE WEEKEND!



## NOT ONE MORE WEEKEND

Friday, February 25 to  
Sunday, February 27, 2022

[www.notonemore.co](http://www.notonemore.co)

# Betsey Brenner







**NATIONAL ALLIANCE**

for Eating Disorders

The Alliance is here to support you and your loved ones throughout every step of the journey to recovery.

**For More Information:**

866.662.1235

[www.allianceforeatingdisorders.com](http://www.allianceforeatingdisorders.com)

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