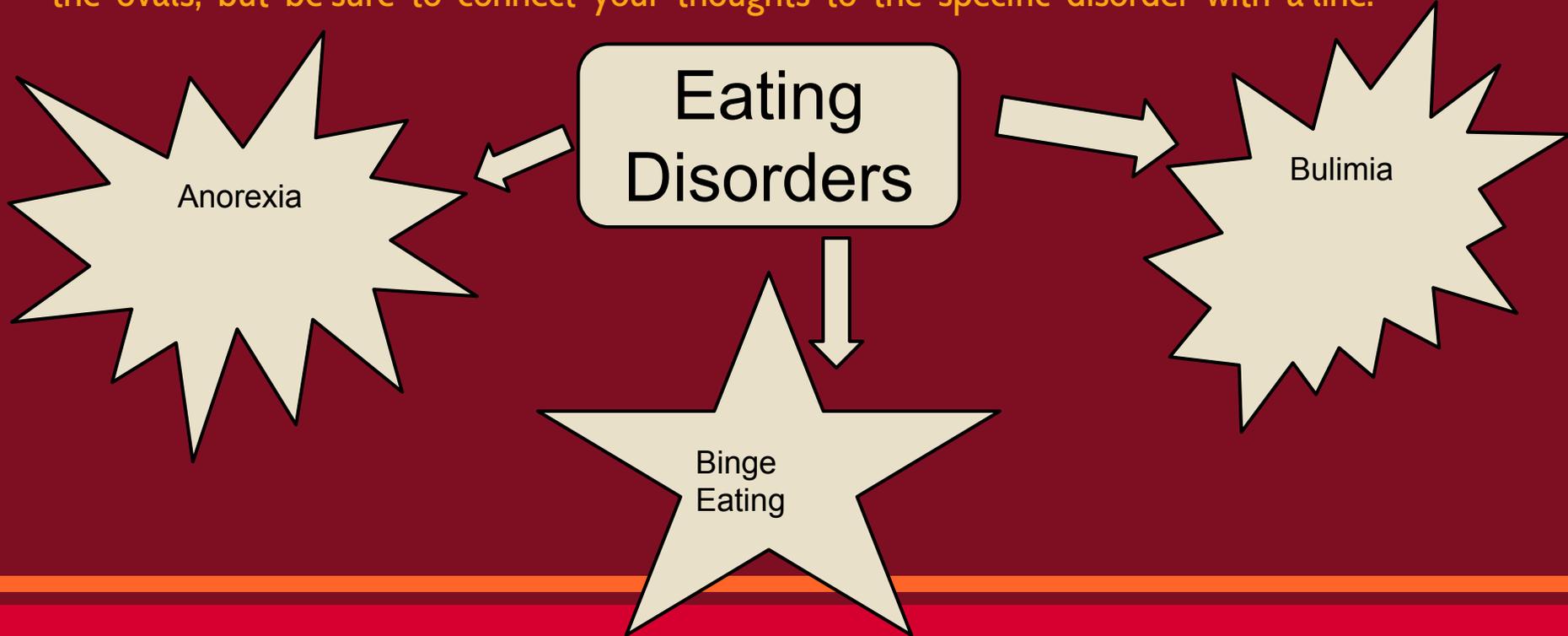


8.NPA.3.3 - Use strategies to advocate for those who are at risk for eating disorders or poor nutrition.



The term eating disorder is in the large, central oval. The name of a specific eating disorder is in each of the three smaller ovals. Under the name of the disorder, write as many terms, words, phrases, or ideas that relate to the disorder. You may write outside the ovals, but be sure to connect your thoughts to the specific disorder with a line.



Article on Stories of Hope

June Alexander

- This is something I have not thought of before.
- This is really interesting!!
- Why is this a story of hope?
- Try to summarize this story in one word. Give reasons for your choice.

Statement of Objectives

Today we want to review the signs and symptoms of eating disorders. You will become familiar with ideas to approach a person with a suspected eating disorder and will be able to steer the person toward appropriate resources.

What is an eating disorder? What are some basic facts.

A series of horizontal stripes in various colors (yellow, green, blue, dark blue, orange, red, white, light green) running across the bottom of the slide.

Anorexia Nervosa

- Characterized by self starvation and excessive weight loss.

Symptoms of Anorexia

- refusal to maintain body weight at or above a minimally normal weight for height, body type, age and activity level
- feeling fat or overweight despite dramatic weight loss
- loss of menstrual periods
- extreme concern about body weight and shape
- Inadequate food intake leading to a weight that is clearly too low.
- Intense fear of weight gain, obsession with weight and persistent behavior to prevent weight gain.
- Self-esteem overly related to body image.
- Inability to appreciate the severity of the situation

Warning Signs of Anorexia

- **Dramatic weight loss.**
- **Preoccupation with weight, food, calories, fat grams, and dieting.**
- **Refusal to eat certain foods, progressing to restrictions against whole categories of food (e.g. no carbohydrates, etc.).**
- **Frequent comments about feeling "fat" or overweight despite weight loss.**
- **Anxiety about gaining weight or being "fat."**
- **Denial of hunger.**
- **Development of food rituals (e.g. eating foods in certain orders, excessive chewing, rearranging food on a plate).**

Warning Signs of Anorexia

- **Consistent excuses to avoid mealtimes or situations involving food.**
- **Excessive, rigid exercise regimen--despite weather, fatigue, illness, or injury, the need to "burn off" calories taken in.**
- **Withdrawal from usual friends and activities.**
- **In general, behaviors and attitudes indicating that weight loss, dieting, and control of food are becoming primary concerns.**

Health Consequences of Anorexia

- **Abnormally slow heart rate and low blood pressure, which mean that the heart muscle is changing. The risk for heart failure rises as heart rate and blood pressure levels sink lower and lower.**
- **Reduction of bone density (osteoporosis), which results in dry, brittle bones.**
- **Muscle loss and weakness.**
- **Severe dehydration, which can result in kidney failure.**
- **Fainting, fatigue, and overall weakness.**
- **Dry hair and skin, hair loss is common.**
- **Growth of a downy layer of hair called lanugo all over the body, including the face, in an effort to keep the body warm.**

Bulimia Nervosa

- **Bulimia nervosa is a serious, potentially life-threatening eating disorder characterized by a cycle of bingeing and compensatory behaviors such as self-induced vomiting designed to undo or compensate for the effects of binge eating.**

Symptoms of Bulimia

- Frequent episodes of consuming very large amount of food followed by behaviors to prevent weight gain, such as self-induced vomiting.
- A feeling of being out of control during the binge-eating episodes.
- Self-esteem overly related to body image.

Warning Signs of Bulimia

- Evidence of binge eating, including disappearance of large amounts of food in short periods of time or finding wrappers and containers indicating the consumption of large amounts of food.
- Evidence of purging behaviors, including frequent trips to the bathroom after meals, signs and/or smells of vomiting, presence of wrappers or packages of laxatives or diuretics.
- Excessive, rigid exercise regimen--despite weather, fatigue, illness, or injury, the compulsive need to "burn off" calories taken in.
- Unusual swelling of the cheeks or jaw area.
- Calluses on the back of the hands and knuckles from self-induced vomiting.

Warning Signs of Bulimia

- **Discoloration or staining of the teeth.**
- **Creation of lifestyle schedules or rituals to make time for binge-and-purge sessions.**
- **Withdrawal from usual friends and activities.**
- **In general, behaviors and attitudes indicating that weight loss, dieting, and control of food are becoming primary concerns.**
- **Continued exercise despite injury; overuse injuries.**

Health Consequences of Bulimia

- **Electrolyte imbalances that can lead to irregular heartbeats and possibly heart failure and death. Electrolyte imbalance is caused by dehydration and loss of potassium and sodium from the body as a result of purging behaviors.**
- **Inflammation and possible rupture of the esophagus from frequent vomiting.**
- **Tooth decay and staining from stomach acids released during frequent vomiting.**
- **Chronic irregular bowel movements and constipation as a result of laxative abuse.**
- **Gastric rupture is an uncommon but possible side effect of binge eating.**

Tips for Talking to a Friend Who May Be Struggling with an Eating Disorder



If you are worried about your friend's eating behaviors or attitudes, it is important to express your concerns in a loving and supportive way. It is also necessary to discuss your worries early on, rather than waiting until your friend has endured many of the damaging physical and emotional effects of eating disorders. In a private and relaxed setting, talk to your friend in a calm and caring way about the specific things you have seen or felt that have caused you to worry.

- **Set a time to talk.**
 - **Set aside a time for a private, respectful meeting with your friend to discuss your concerns openly and honestly in a caring, supportive way. Make sure you will be some place away from distractions.**
- **Communicate your concerns.**
 - **Share your memories of specific times when you felt concerned about your friend's eating or exercise behaviors. Explain that you think these things may indicate that there could be a problem that needs professional attention.**
- **Ask your friend to explore these concerns with a counselor, doctor, nutritionist, or other health professional who is knowledgeable about eating disorders.**
 - **If you feel comfortable doing so, offer to help your friend make an appointment or accompany your friend on their first visit.**

- **Avoid conflicts or a battle of wills with your friend.**
 - If your friend refuses to acknowledge that there is a problem, or any reason for you to be concerned, restate your feelings and the reasons for them and leave yourself open and available as a supportive listener.
- **Avoid placing shame, blame, or guilt on your friend regarding their actions or attitudes.**
 - Do not use accusatory "you" statements such as, "You just need to eat." Or, "You are acting irresponsibly." Instead, use "I" statements. For example: "I'm concerned about you because you refuse to eat breakfast or lunch." Or, "It makes me afraid to hear you vomiting."
- **Avoid giving simple solutions.**
 - For example, "If you'd just stop, then everything would be fine!"
- **Express your continued support.**
 - Remind your friend that you care and want your friend to be healthy and happy.

CLOSURE:

You have reviewed the signs and symptoms of eating disorders. You have examined strategies you might use to help a friend with an eating disorder and you have applied those strategies in your role-plays. You are prepared to be an advocate to prevent eating disorders by being a good listener, having solid information, and having strategies to encourage a victim to seek help