

**Eating
Disorders**

What is an eating disorder?

- When a person experiences severe disruption in eating behavior. Could be:
 - extreme reduction of food intake
 - Overeating
- These behaviours are often accompanied with feelings of intense distress or concern about body weight or shape

What is an eating disorder?

- A person with an eating disorder may have started out just eating smaller or larger amounts of food than usual, but at some point, the urge to eat less or more spirals out of control.
- People with eating disorders are usually SECRETIVE about their eating, purging or lack of eating.



Anorexia Nervosa

- Is an eating disorder characterized by a distorted body image.
- The individual has an irrational dread of becoming fat even though they are underweight
 - They are generally less than 85% of a “normal” body weight
- Plus a relentless pursuit of thinness because body image is the predominant measure of self-worth



Bulimia Nervosa

- Bulimia is characterized by binge eating accompanied by feelings of lack of control
- The individual will over eat (binge) followed by some behavior to try to compensate
 - Things like self-induced vomiting, use of laxatives/diuretics, excessive exercise, fasting, diet pills, etc.
- Dissatisfaction with body shape and weight

Types of bulimia

- **Purging type** bulimics self-induce vomiting (usually by triggering the gag reflex)
- **Non-purging type** bulimics (approximately 6%-8% of cases) exercise or fast (starvation) excessively after a binge to offset the caloric intake after eating.

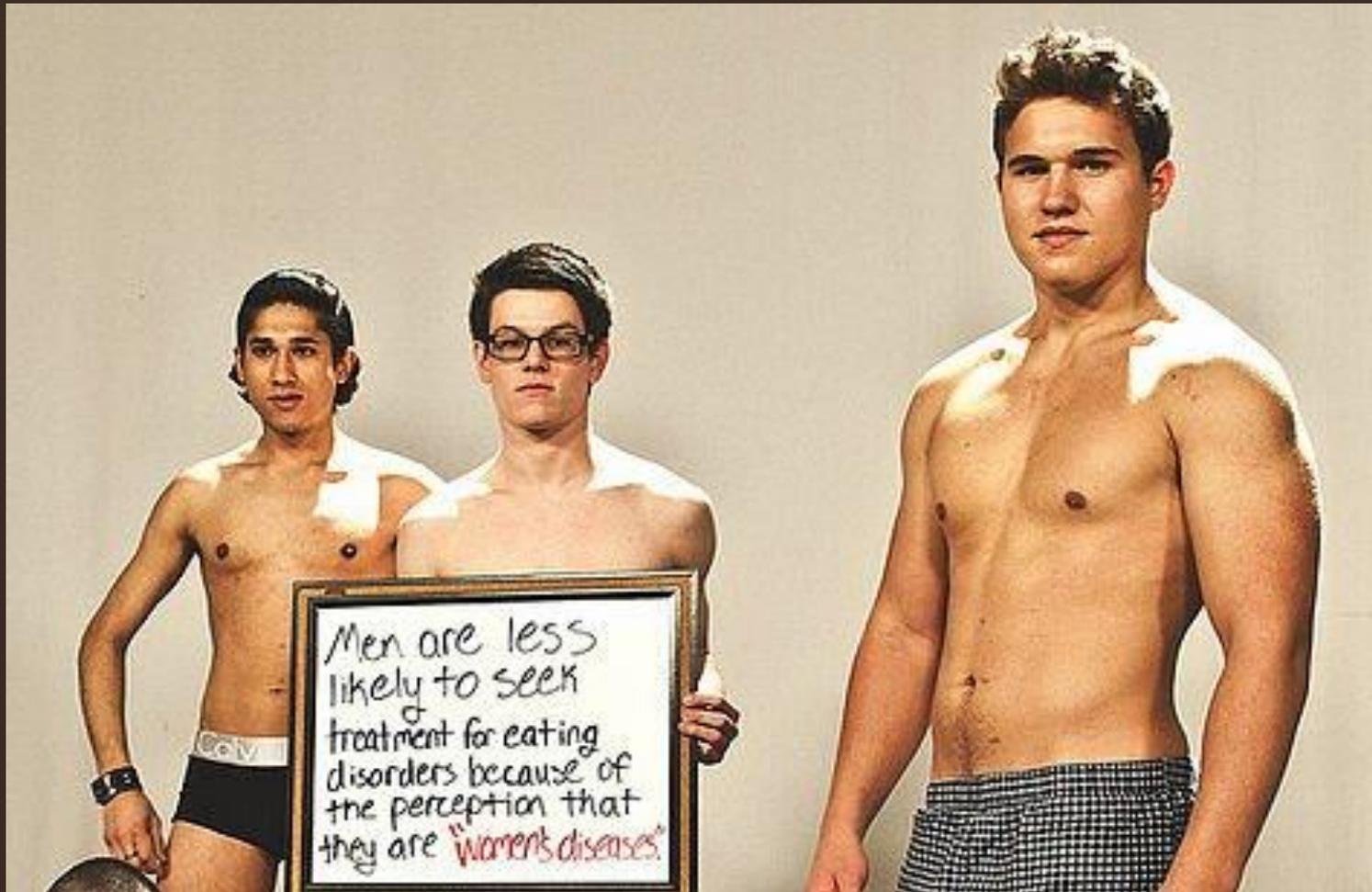
Eating Disorders are Psychological Disorder

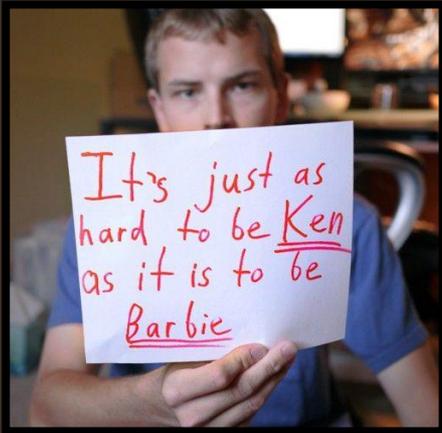
- It is important to remember that these are psychological disorders
 - These are forms of mental illness

Eating Disorders are Psychological Disorder

- Certain factors seem to be linked to the development of an eating disorder:
 - Dieting history
 - Childhood preoccupation with a thin body and social pressure
 - Sports in which leanness is emphasized or in which scoring is subjective (ballet, running, gymnastics)
 - Some studies suggest a role for genetics
 - Psychiatric problems are common in patients with eating disorders, including depression, anxiety disorders, obsessive-compulsive disorder, and substance abuse
 - Family stress
 - Neurotransmitter imbalance

Although more common in women, men can struggle with these disorders too





Eating Disorders in Men

- There is still little research to provide exact rates of occurrence of eating disorders in young males but best estimates are that 25% of diagnosed cases are in males (90's = 10%)
- Age of diagnosis: most commonly in the late teens/early 20's
- Boys are often more social isolated than girls when diagnosed with an eating disorder; less likely to discuss body size/image/food with peers



Eating Disorders in Men

- 25% of normal weight males perceive themselves to be underweight
- 90% of teenage boys reported exercising with the goal of “bulking up”
- 68% of college-aged males reported having “too little muscle”

A SILENT EPIDEMIC?

EATING DISORDERS AMONG MALES

- ① FACTORS
- ② PREVALENCE
- ③ IMPACTS

NOTABLE FACTORS



MUSCULARITY IN MEDIA

The muscularity of ideal male body representations has increased from the 1970s to 1990s, presenting a largely unattainable muscular body type.



LESS LIKELY TO GET HELP

Higher levels of gender role conflict and traditional masculine ideals are associated with negative attitudes toward seeking psychological help.



SEXUALITY

Gay males are estimated to comprise 5% of the general population, but among men with eating disorders, 42% identify as gay.

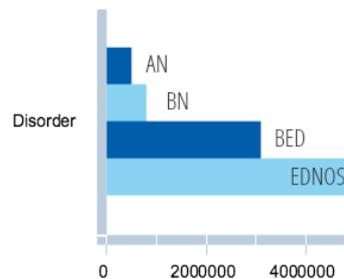
PREVALENCE

OF EATING DISORDERS

10 MILLION

MALES IN THE UNITED STATES WILL SUFFER FROM A CLINICALLY SIGNIFICANT EATING DISORDER AT SOME TIME IN THEIR LIFE.

THE BREAKDOWN



HEALTH IMPACTS

33%

of adolescent males use unhealthy weight control behaviors



37%

of men who binge eat experience depression



Up to 43%

of men are dissatisfied with their bodies



Why do people become anorexic?

- Low self esteem
- Depression
- One thing they can control
- Stress
- Guilt
- Body dissatisfaction
- Need to fit in
- Sexual abuse as a child

➤ Changing your Diet vs Anorexia

Healthy Diet Changes	Anorexia
Weight loss is viewed as a way to improve health and appearance.	Weight loss is viewed as a way to achieve happiness.
Self-esteem is based on more than just weight and body image.	Self-esteem is based entirely on how much you weigh and how thin you are.
Is an attempt to control weight, the goal is to lose weight in a healthy way	Is an attempt to control your life and emotions, becoming thin is all that matters; health is not a concern

Statistics in teenagers

- Anorexia is the third most common chronic illness among adolescents.
- 1% of men have an eating disorder.
- 40 – 60% of high school girls diet.
- 50% of girls between the ages of 13 and 15 believe they are overweight.
- 80% of 13 year old girls have dieted.
- 40% of 9 year old girls have dieted.

Signs

- Being able to determine that someone has an eating disorder is not always easy.
- They become masters at hiding the disease and are always ready with a legitimate excuse for their behavior.

Things to look for

- Dieting despite being thin
- Obsessions with calories, fat and nutrition
- Pretending to eat
- Lying about eating
- Dramatic weight loss
- Always going to the bathroom during or after meals

Symptoms

- Sudden dramatic weight loss
- Amenorrhea (lost period)
- Bone density loss
- Sensitivity to cold
- Lanugo: fine hair that grows on the skin to keep it warm
- Thinning hair

Can people die from anorexia?

YES... from:

- Heart failure
- Kidney failure
- Lung failure
- Multiple organ failure

Why?

- The body and its vital organs are not receiving enough energy obtained from food.
- The energy allows the body and its systems to function normally on a daily basis.

Hope

- With counseling and support from loved ones, anorexics can make a full recovery
- Nearly 50 percent of anorexia sufferers recover

What to do if you suspect you or a friend have an eating disorder

- Tell an adult
 - parent, teacher, guidance counselor...even someone outside of school
- Just do not keep the information to yourself

A mental illness, just like any other illness, needs the proper treatment to get better!

Extra resources

- <https://i.pinimg.com/originals/ce/90/38/ce90387b5ab930c7f045dd7447365270.jpg>
- <http://www.mybodyscreening.org/>