



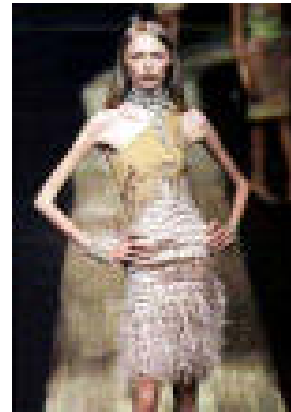
Eating Disorders

What is an Eating Disorder?

Eating Disorders are an addiction and mental illness that affect children, teens, and adults physically, mentally, emotionally, and spiritually.

Types of Eating Disorders:

- ❖ Anorexia Nervosa
- ❖ Bulimia Nervosa
- ❖ Binge Eating Disorder
- ❖ Compulsive Overeating
- ❖ EDNOS



Characteristics of Eating Disorders

EDNOS (Eating Disorders Not Otherwise Specified):

People who get diagnosed with EDNOS are individuals with eating disordered behaviors that resemble anorexia nervosa or bulimia nervosa but whose eating behaviors do not meet one or more essential diagnostic criteria.

Anorexia Nervosa:

Individuals with anorexia are unwilling or unable to maintain body weight that is normal for their age and height. They usually display a fear of weight gain. Women who are usually diagnosed with anorexia have missed at least three consecutive menstrual cycles.

Bulimia Nervosa:

Individuals with bulimia engage in a great amount of overeating and then do things such as vomit, excessive exercising, or misuse of laxatives to compensate for it.

Binge Eating Disorder:

This is another form of overeating, but these individuals usually do not purge. Eating when you're not hungry, feeling guilty after eating, and eating alone because you are embarrassed at the amount of food you eat are all positive signs of a binge eating disorder. Binge eating occurs on average at least two days a week for six months.

Compulsive Overeating:

Individuals who eat out of relation to physiological hunger and for other reasons such as depression are considered to have a compulsive overeating disorder. A compulsive eater alternates between periods of bingeing and dieting.



Myths & Realities



Myths

Only teenage girls suffer from eating disorders.

You can never fully recover from an eating disorder.

Men with eating disorders are always gay.

Eating disorders are solely a problem with food.

Bulimics always purge by vomiting.

You can always tell when someone is anorexic by their appearance.

You cannot die from Bulimia.

People cannot have more than one eating disorder.

Realities

Children, men and older women are also victims of eating disorders.

You can fully recover with hard work and the proper treatment needed.

Someone's sexuality has nothing to do with them developing an eating disorder.

With all eating disorders, weight is the focus. Eating disorders are not a problem with food, they are in fact only a symptom of underlying problems.

Purging can take the form of Laxatives, exercising, and fasting.

Some anorexics can be from 5-15 1/2 lbs underweight. Just because someone looks what society considers to be "anorexic" does not mean that they are anorexic.

Bulimics are at a high risk for death. Many bulimics have died from cardiac arrest and a ruptured esophagus.

It is very common for someone to suffer from more than one eating disorder. That just proves that the eating behaviors are only the symptoms, and not the problems.

[Eating Disorder Referral and Information Center. <http://www.edreferral.com>]

Statistics

- Eating Disorders affect 5-10 millions of Americans and 70 million individual worldwide.
- Approximately 1 million males have one eating disorder.
- At least 50,000 individuals will die as a result of an eating disorder.
- It is estimated that 11% of high school students have been diagnosed with an eating disorder.
- 15% of young women have substantially disordered eating attitudes and behaviors.
- The average woman is 5''4' and weighs 140lbs. The average model is 5''11' and weighs 117lbs. Most fashion models are thinner than 98% of American women.
- 91% of women surveyed on a college campus had attempted to control their weight through dieting, and 22% dieted "often" or "always."

Who's At Risk

- Females, especially those in traditionally masculine cultures.
- Certain subcultures where weight is restricted; runners, dancers etc.
- Someone with early physical development
- Someone who was overweight in childhood.
- Someone who needs social approval.
- Someone who has difficulty asserting needs.
- Someone with poor impulse control.
- Someone with a family history of substance abuse.
- Some who was sexually abused.
- Someone who engages in prolonged dieting.
- Someone with a high need for control.
- Someone with an obsessive need for perfection.



[http://www.mtech.edu/counseling/eating_disorders_information.htm]

Signs You Might Have an Eating Disorder

- ✓ Feel that others pressure you to be thin.
- ✓ Feel guilty about what you eat.
- ✓ Feel that your weight is one of the only things you can control.
- ✓ Feel you've become isolated from family and friends.



- ✓ Prefer to eat alone.
- ✓ Use food for comfort.
- ✓ Consume large amounts of food in a brief amount of time.
- ✓ Feel fat despite others telling you that you're not.
- ✓ Exercise excessively
- ✓ Induce vomiting after eating or drinking.
- ✓ Count all the hidden calories or grams of fat in each bite of food.
- ✓ Often feel depressed or unhappy with yourself.
- ✓ Diet excessively.
- ✓ Use laxatives, diet pills, or diuretics each week.
- ✓ Weight yourself several times each day.
- ✓ Eat when you're lonely, anxious, depressed or anxious.
- ✓ Think that you might have an eating disorder.



[http://www.mtech.edu/counseling/eating_disorders_information.htm]

Healthy People 2010 Eating Disorders

Eating disorders affect millions of people each year. Everyone, regardless of his or her age and gender, can be diagnosed with an eating disorder. Although not every type of eating disorder is considered to be 'life threatening,' the two most common and dangerous eating disorders are anorexia nervosa and bulimia nervosa. Anorexia is generally defined as the willful starvation and obsessive starvation in the pursuit of thinness. Bulimia is different in the sense that the individual craves food, which often results in overeating, followed by some form of purging. Severe disordered eating in these two cases can result in death. But many do not know they have what is technically called an eating disorder. They can have just one characteristic of one of the major disorders and still they will be diagnosed with an eating disorder. Eating disorders are more of a frame of mind than the actual action itself. People think that if they get an eating disordered individual to stop the action of starving oneself or vomiting, then they are cured. What they don't know is that they still produce the same eating disordered thoughts that got them to the point where they would purge. If those were more educated to understand more about eating disorders, then maybe so many wouldn't suffer.

There's a lot that people don't know about eating disorders. That's why Healthy People 2010 has made it a goal to "increase the proportion of middle, junior high, and senior high schools that provide school health education to prevent health problems in unhealthy dietary patterns." The awareness of unhealthy dietary patterns during 1994 was 84%. Healthy People's 2010 awareness target goal is 95%. The reason why this is of Public Health interest to Healthy People 2010 is because their objective is to provide school health education in priority areas such as unhealthy dietary patterns, or eating disorders. With the help of organizations raising awareness, and the support of friends and family, eating disordered patients could be well on their way to a healthy life.

[<http://www.healthypeople.gov/document.html/objectives/07-02.htm>]

Section Prefaces

4 Professional Medical Websites:

Something Fishy-Website on Eating Disorders:

<http://www.something-fishy.org>

This is a non-profit organization that provides professional information on different types of eating disorders, doctors and patients, support forums, cultural issues, and information on fundraising drives.

Medline Plus Health Information:

<http://www.nlm.nih.gov/medlineplus/eatingdisorders.html>

This is a government website that is a service of the U.S. National Library of Medicine and the National Institutes of Health. They provide treatment, general information, directories, organizations, and statistics.

Harvard Eating Disorders Center:

<http://www.hedc.org/>

This is a non-profit organization website. They are a medical school that provides professional medical information to help outreach individuals with eating disorders. They also offer resources and referrals.

St. Joseph Medical Center- The Center for Eating Disorders:

<http://www.eating-disorders.com>

This is a commercial website that provides basic general information, and direct help with the St. Joseph Medical Center. Like the other medical centers, they provide resources and referrals.

4 Consumer Information Websites:

Cayuga Medical Center:

<http://cayugamed.org/consumer/read.dbm?ID=80>

Cayuga Medical Center is a non-profit regional healthcare organization that offers a profuse amount of consumer information on eating disorders and their affects. It is accredited by the Joint Commission on Accreditation of Healthcare Organizations, which is another non-profit organization. The Joint Commission is responsible for setting national patient care standards.

Eating Disorders Association:

<http://www.edauk.com/>

This is a commercial website. It provides consumer information and help on eating disorders. The Eating Disorders Association (EDA) is a registered charity, meaning they need funds to keep the website running. They offer a self help network, student information, and even a page in which celebrities “speak out” about eating disorders.

Eating Disorders, Mirror, Mirror:

<http://www.mirror-mirror.org/eatdis.htm>

This is a non-profit organization in Canada who have shared awareness with the non-profit organization in New York called “Something Fishy.” They provide a recovery page to help patients deal and learn to recover. They also have a Myths and Reality page that helps to expel all of the assumed facts about eating disorders.

National Eating Disorders Association:

http://www.nationaleatingdisorders.org/p.asp?WebPage_ID=337

This is another non-profit organization website, but unlike the others, it is the largest in the United States. They work to prevent eating disorders and provide treatment for those who suffer from all types of disorders. They work to expand the public awareness worldwide. This website gives many definitions of eating disorders and other related vocabulary. They also offer books, brochures, poster and curricula online to buy.

4 Statistics Websites:**ANRED, Anorexia Nervosa and Related Eating Disorders, Inc.:**

<http://www.anred.com>

ANRED is a commercial website. This website provides many things including statistics on all types of eating disorders.

Statistics on Eating Disorders:

<http://www.annecollins.com/eating-disorders/statistics.htm>

This is another commercial website on eating disorder statistics. The author of this website is Anne Collins. She also has the “Anne Collins Diet Program.” The majority of her information posted on her website comes from The National Institute of Mental Health.

The Alliance for Eating Disorders Awareness:

<http://www.eatingdisorderinfo.org/menu.html>

This is a non-profit organization based out of Florida that provides a large amount of general information, hotlines, statistics, self-test questionnaire, and success stories.

Body Wise:

<http://www.girlpower.gov/girlarea/bodywise/eatingdisorders/statistics.htm>

This is a government website that offers a page of statistics on eating disorders. This is more of a website for younger kids who are coping with these issues.

3 Articles on Eating Disorders:**The University of Michigan News and Information Services; Media’s Thin Celebrities Influence Women’s Eating Disorders:**

<http://www.umich.edu/~newsinfo/Releases/1997/Oct97/r102097.html>

This is an educational institutional website at the University of Michigan. The article talks about celebrities “thinness” and their influence on eating disorders. The writer of the article is Ann Arbor. She tries to convey that eating disordered celebrities should be considered for the possible influence on disordered eating in those who look up to that sort of body image.

Eating Disorders On Rise in Hispanics:

<http://stacks.msnbc.com/news/931588.asp?cp7=1>

This MSNBC news article is about Hispanics and their rise in eating disorders. The article strives to show that race has nothing to do with who suffers from eating disorders.

Anorexia When You’re Past Your Teens:

http://www.healthyplace.com/communities/Eating_Disorders/triumphant_journey/articles/anorexia_adults.htm

This article talks about what its like to be an anorexic woman. It discusses the changes in their lives as they differ from those in a teenager’s life.

Critique

I found the professional medical websites to be the most helpful and reliable. The consumer websites differed. Some offered a whole list of things, such as, self-help net works, chat forums and references. Others just listed general consumer information. The articles and the statistics were very helpful. I felt that they did a good job of providing sold information and facts.

Bibliography

Resources:

- ANRED, Anorexia Nervosa and Related Eating Disorders, Inc. <http://www.anred.com>
- St. Joseph Medical Center – The Center for Eating Disorders. <http://www.eating-disorders.com>
- Statistics on Eating Disorders. <http://www.annecollins.com/eating-disorders/statistics.htm>
- The Alliance for Eating Disorders Awareness. <http://www.eatingdisorderinfo.org/menue.html>

- Body Wise.
<http://www.girlpower.gov/girlarea/bodywise/eatingdisorders/statistics.htm>
- The University of Michigan News and Information Services; Media's Thin Celebrities Influence Women's Eating Disorders.
<http://www.umich.edu/~newsinfo/Relases/1997/Oct97/r102097.html>
- Eating Disorders on Rise in Hispanics.
<http://www.stacks.msnbc.com/news/931588.asp?cp7=1>
- Anorexia When You're Past Your Teens.
http://www.healthyplace.com/communities/Eating_Disorders/triumphant_journey/articles/anorexia_adults.htm
- Something Fishy – Website on Eating Disorders. <http://www.something-fishy.org>
- Eating Disorder Referral and Information Center. <http://www.edreferral.com>
- Eating Disorders, Mirror, Mirror. <http://www.mirror-mirror.org/eatdis.htm>
- Medline Plus Health Information.
<http://www.nlm.nih.gov/medlineplus/eatingdisorders.html>
- Eating Disorders Association. <http://www.edauk.com/>
- Harvard Eating Disorders Center. <http://www.hedc.org/>
- Academy for Eating Disorders. <http://www.aedweb.org/newwebsite/index.htm>
- National Eating Disorders Association.
http://www.nationaleatingdisorders.org/p.asp?WebPage_ID=337

Pictures:

- <http://people.westminstercollege.edu/students/bsgo225/index>
- <http://words.elf.cz/1/anorexia.html>

Back to Betty C. Jung's Web site	http://www.bettycjung.net/
Back to Fact Sheet Directory	http://www.bettycjung.net/Pch202fs.htm