

MODULE 1

WHAT IS AN
**EATING
DISORDER?**

Printable screenshots from the videos produced for canped.ca

EATING DISORDERS ARE

SERIOUS MENTAL ILLNESSES SEVERE EMOTIONAL & MEDICAL COMPLICATIONS

Eating disorders...

- Characterized by extreme thoughts, emotions, attitudes, and behaviours surrounding:
 - weight
 - body image and shape
 - food
 - eating
- Associated with an extreme and irrational fear of weight gain

Eating disorders...

- Not a phase or a fad
 - Cannot simply 'get over it'
- Develop over weeks to months
- No single cause
- Not the fault of parents or child
- Biological illnesses
- Can develop in any vulnerable person, at any age, weight, or gender
- No one chooses to have an eating disorder

IF LEFT UNTREATED EATING DISORDERS CAN BE DEADLY

Eating disorders...

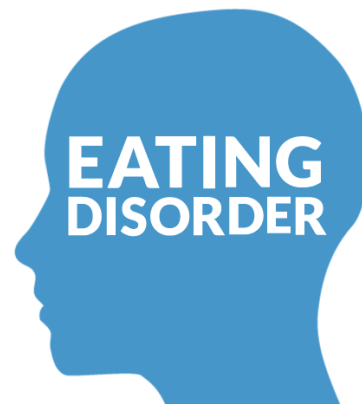
- Not just about food, weight, and body shape
- Much like an anxiety disorder
- Obsessive fears of gaining too much weight
- Develop as a result of a number of different factors coming together in a vulnerable individual
- Arise in someone who is experiencing:
 - low self-esteem
 - self-loathing/self-hatred
 - misery/sadness
 - stress
 - shame

Eating disorders...

DEVELOP WHEN A PERSON:

- feels bad on the inside
- feels like they aren't 'good enough'
- can't tolerate these feelings

Eating disorder symptoms make them feel better



SYMPTOMS AND WARNING SIGNS

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Warning signs for an eating disorder

- Vary from person to person
- Parents and caregivers are the first to notice

As an eating disorder progresses:

- symptoms become more obvious
- can cause more distress

SYMPTOMS AND WARNING SIGNS

FOUR(4) BROAD CATEGORIES

1. Food concerns
2. Weight concerns
3. Activity concerns
4. Social concerns

1. Food concerns

TWO(2) DOMAINS

Restricting behaviours

Bingeing behaviours

Restricting behaviour

1. Food concerns

- New desire to start eating 'healthier' and to avoid 'junk food'
 - 'low-fat', 'no-fat', 'low-carb', or 'vegetarian' diets
- Eating smaller portions of food and skipping meals
- Worry about over-eating or gaining weight
- Avoiding family meals or eating in public places
- Give excuses for not eating

Restricting behaviour

1. Food concerns

- More rules and rigidity around meals
- Increase focus on caloric content of food
- Label-reading with a focus on calories and fat
- Desire to participate in food-related activities
- Rarely eat what is prepared

1. Food concerns

- Large quantities of food disappearing from cupboards/fridge in a very short period of time
- Spending a lot of money on food-related items
 - Number of food items eaten is excessive
- Part of a vicious cycle

**RESTRICT FOOD INTAKE
GET HUNGRY AND BINGE
FEEL GUILTY FOR EATING
PURGE OR RESTRICT FOOD**

2. Weight concerns

- Weighing self frequently
- Weight loss goals or dieting
- Checking self in mirror
- Critical comments about their body
- Purging to lose weight
 - Vomiting
 - Abusing laxatives
 - Using diet pills or water pills
 - Exercising to burn calories

3. Activity concerns

- Increase in the amount of exercise
- Exercising because they feel the *need* to burn calories
- Using exercise to cope with guilt or anxiety
 - Exercising to burn calories after dinner
- A restless desire or need to be 'always moving'
- Struggle with being able to sit down or stay seated
 - Standing to do homework or to eat
- Restless or jittery
 - Jiggling leg while sitting

4. Social concerns

- Spending less time with friends/family
- Spending time on internet looking at:
 - diet websites
 - social media promoting weight loss or dieting
 - images of thin or emaciated people
- Obsessing over their weight
- Increased focus on weight or body shape of others

TYPES OF EATING DISORDERS

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Eating disorders are classified differently depending on the symptoms or presentation

Not everyone who has an eating disorder will fit perfectly into one of these categories

TYPES OF EATING DISORDERS

FIVE(5) TYPES OF EATING DISORDERS:

1. Anorexia Nervosa
2. Bulimia Nervosa
3. Avoidant/Restrictive Food Intake Disorder
4. Binge Eating Disorder *
5. Other Specified Eating Disorder

* A brief definition of Binge Eating Disorder will be provided, but it will not be reviewed in detail

1. Anorexia Nervosa (AN)

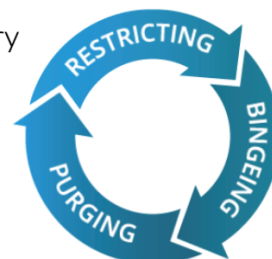
- Underweight
 - May have lost weight
 - Children may fail to gain expected weight necessary
- Restrict food intake
- Over-exercise to lose weight or prevent weight gain
- Distorted view of their bodies
- Extreme fear of weight gain
- Fearful of high calorie foods and foods containing fat
- Some people will binge and purge
- People with Anorexia have weights that are well below their body's healthy weight range

2. Bulimia Nervosa (BN)

- Usually at or around an average weight
- Regular bingeing plus symptoms directed at weight loss such as:
 - Dieting
 - Skipping meals
 - Exercising to burn calories
 - Self-induced vomiting
 - Abusing laxatives, diet pills, or water pills
- Bingeing
 - Consuming an extraordinary amount of food in a short amount of time
 - Feels their eating is 'out of control'
 - Associated with feelings of shame

2. Bulimia Nervosa (BN)

- After a binge, engages in weight-loss behaviours:
 - vomiting
 - abusing laxatives, diet pills, or water pills
 - restricting for extended periods
 - over-exercising
- Go all day without eating, then get so hungry they binge, then purge, then start the cycle over again



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- After a binge, engages in weight-loss behaviours:
 - vomiting
 - abusing laxatives, diet pills, or water pills
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 - over-exercising
- Go all day without eating, then get so hungry they binge, then purge, then start the cycle over again
- Poor body image
- Terrified of gaining weight

3. ARFID (Avoidant/Restrictive Food Intake Disorder)

- Newly described type of eating disorder
- Constant disturbance in eating
 - Failure to meet nutritional or energy needs
- Can result in a number of problems, including:
 - weight loss
 - failure to grow or develop adequately
 - nutritional deficiency (malnutrition)
 - dependence on liquid or tube feeds
 - interference with psychosocial functioning

3. ARFID (Avoidant/Restrictive Food Intake Disorder)

- Have high levels of stress and/or anxiety
- Underweight and do not eat enough
- Do not see themselves as 'overweight'
- Do not fear gaining weight
- Occurs across all ages
- More common in children and adolescents
- Cannot be explained by a medical condition

4. Binge Eating Disorder (BED)

- Normal weight, overweight, or obese
- Regular episodes of binge eating
- Consuming an extraordinary amount of food in short amount of time
 - Feel their eating is 'out of control'
- Do not do things to try to lose weight & burn calories
 - Dieting
 - Skipping meals
 - Over-exercising
 - Vomiting
 - Abusing laxatives, diet pills, or water pills

4. Binge Eating Disorder (BED)

- Eat normal meals and binge eat
- Naturally large appetite & emotional problems

Binge Eating Disorder will not be addressed on this website

5. Other Specified Feeding & Eating Disorder

- Do not meet full criteria for any other eating disorders
- Characteristics which cause significant distress and impairment
- Examples of this category include:
 - Anorexia Nervosa except that their weight is normal
 - regular bingeing or bingeing & purging, but not for long enough to meet criteria for BED or BN
 - purging but not engaging in binge eating
- These would all be examples of serious eating disorders, that do not meet strict criteria for Anorexia Nervosa or Bulimia Nervosa