

Signs of an Eating Disorder and how to deal with it....

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Statistics

- **80% of 3rd -6th graders report feeling dissatisfied with their bodies**
- **30 - 40% of 9 year olds have been on diets**
- **80% of 10 to 16 year olds have dieted**
- **25% of American men and 45% of American women are on a diet at any given day**
- **It is normal to gain 20% of your weight in fat as a pre-pubescent girl...girls are not prepared for this**
- **50 Billion dollars spent on dieting (Smolak, 1996)**

TOXIC FOOD CULTURE

**OUR KIDS AND ADULTS
HAVE LOST
CONNECTION WITH THEIR
NATURAL STATE OF HUNGER AND
FULLNESS**

OUR FOOD AND DRUG CULTURE IS ALL ABOUT THE QUICK FIX

- Botox
- Lose 20 pounds in 10 days
- Plastic surgery

Dieting is a “gateway” drug to an eating disorder

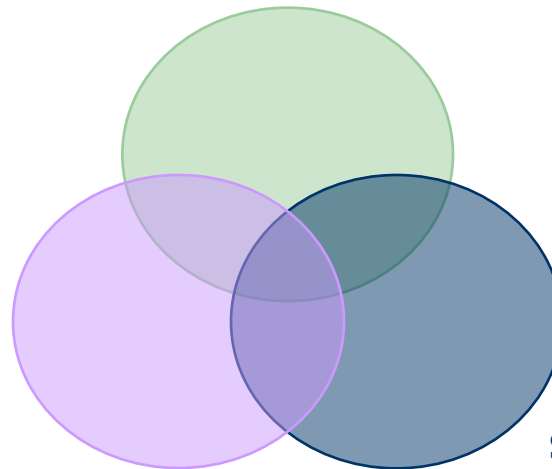
80% of women in our society are dissatisfied with their bodies

Adolescence (a high risk time for drugs and ED's)

- It's about exploring ourselves
- It's about defining one's identity
- Exploring the world outside
- Finding our place among our peers
- Sexuality
- Who am I ?

Various Causes Come Together to Cause Disease

Psycho-developmental Factors



Biochemical &
Genetic Factors

Socio-cultural Factors

Triggers

“Genes load up the gun, environment triggers it”

- **Dieting**
- **Changes**
- **Losses**
- **Trauma**
- **Depression**
- **Family members dieting**

Triggers (cont'd)

- **Accutane (causes depression which causes weight loss, brings attention to body)**
- **Body Fat Testing**
- **Friend who has an Eating Disorder**
- **Participating in a certain athletic team**
- **Tumultuous relationship with a boyfriend**
- **Teasing/body comments especially about fatness**

In Summary - What Eating Disorders are About

- **To cope**
- **To adapt**
- **Push away depression**
- **Deal with feelings of sadness, loss**
- **To control**
- **Identity issues**
- **Compulsions**
- **Life Jacket in times of stress**

Disordered Eating Leads to an Eating Disorder

- Do you spend time wishing parts of your body looked different?
- Are you unhappy with your reflection in the mirror?
- Do you skip meals?
- Do you count the calories or fat grams in anything you eat?
- Do you exercise so much that you are fatigued or have frequent injuries?

What is Disordered Eating?

- **Disordered eating is when a person's attitude about food, weight and body size lead to very rigid eating and exercise habits that jeopardize one's health, happiness and safety...**
- **It begins as a mild way to lose a few pounds, or to get in shape, and these behaviors can quickly get out of control, become obsessions and lead to an eating disorder**

Normal Eating

- Normal eating is going to the table hungry and eating until you are satisfied
- Normal eating is being able to choose foods you like and to eat it and truly get enough of it- not just stopping because you think you should
- Normal eating is being able to give some thought to your food selection so you get nutritious food, but not being so wary and restrictive that you miss out on enjoyable food
- Normal eating is sometimes giving yourself permission to eat because you are happy, sad, or bores, or just because it feels good
- Normal eating is eating 3 meals per day, or 4 or 5 or choosing to munch along the way

Normal Eating

- Normal eating is trusting your body to make up for your mistakes in eating
- Normal eating is leaving some cookies on the plate because you know you can have some again tomorrow, or eating more now because they taste so wonderful
- Normal eating is overeating at times: feeling stuffed and uncomfortable. And it can be under-eating at times and wishing you had more
- Normal eating takes up some of your time and attention but keeps its place as only one important area of your life
- Normal eating is flexible, varies in response to your hunger, your schedule, your proximity to food and your feelings

Review signs and symptoms

- Diets are the gateway drug to an eating disorder
- How to get help
- www.edreferral.com
- www.neda.org
- www.healthywithin.com
- <http://healthywithinfoundation.com>

GIRLS WITH GIRL POWER....

- Can express their feelings constructively
- Have a good sense of their boundaries
- Develop their self esteem in areas other than looking good
- Have healthy connections with others
- Have a good sense of their bodies and are physically active
- Have a healthy relationship with food

Reading Resources

- **Your Dieting Daughter – Carolyn Costin**
- **Helping Your Child Overcome an Eating Disorder by Teachman, Schwartz, Gordic and Coyle**
- **Help Your Teenager Beat an Eating Disorder by Lock and LeGrange**
- **When Your Child has an Eating Disorder by Abigail Nathenson**
- **I'm, Like, So Fat by Dianne Neumark-Sztainer**
- **Life Without ED Jenni Shaefer**
- **Divining the Body by Jan Phillips**
- **Body Wars by Margo Maine**