

Eating Disorders: Facts and Treatment Options

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Eating Disorder – a psychological disorder in which someone obsesses over their intake of food as a way of coping and gaining some sort of control in their life.



Most Common Eating Disorders

- ***Anorexia Nervosa***
 - Starvation, weight loss, disturbed body image, amenorrhea
- ***Bulimia Nervosa***
 - Binge/purge episodes, disturbed body image
- ***Binge Eating Disorder***
 - Frequent binge episodes, disturbed body image or self esteem

Facts About Eating Disorders

- In the United States, **as many as 10 million females and 1 million males** are fighting a life and death battle with an eating disorder such as anorexia or bulimia. **Millions more** are struggling with binge eating disorder
- In the United States, eating disorders are more common than Alzheimer's disease (~10 million people have eating disorders compared to 4 million with Alzheimer's disease).

Facts About Eating Disorders

- Eating disorders rare before the 20th century?
- Significant increase in prevalence of eating disorders since the 1980's
 - Anorexia – most significant increase seen in high school females
 - Bulimia – most significant increase seen in college females

Facts About Eating Disorders

- 40% of newly identified cases of anorexia are in girls 15-19 years old.
- The incidence of bulimia in 10-39 year old women **TRIPLED** between 1988 and 1993.
- 42% of 1st-3rd grade girls want to be thinner
- 81% of 10 year olds are afraid of being fat; 46% of 9-11 year-olds are “sometimes” or “very often” on diets, and 82% of their families are “sometimes” or “very often” on diets

5 Primary Contributors to Eating Disorders

- Genetics
- Interpersonal environment
- Media
- Trauma or extreme life change
- Society



Is it an Addiction?

- Habit-forming
- Leads to physiologic changes
- Method of control
- Method to relieve stress
- Shame
- Requires extensive medical treatment



Recognizing an Eating Disorder

- Extreme weight changes
- Obsession over food or eating alone
- Frequent laxative or diuretic use
- Over-exercising
- Mood swings
- Frequent trips to the bathroom, esp. after mealtime
- Avoidance of usual activities

Anorexia Nervosa

- Anorexia nervosa has one of the highest death rates of any mental health condition.
 - Severe undernutrition → multi-organ failure
 - Between 5-20% of individuals struggling with anorexia nervosa will die.
 - The probabilities of death increases within that range depending on the length of the condition
- Patients with anorexia nervosa who reached 98% of IBW prior to discharge from inpatient less likely to relapse than those who only achieved 83% IBW.

Bulimia Nervosa

- Repetitive binge/purge episodes
- Purging:
 - Vomiting, excessive exercise, laxative or diuretic abuse
- Life threatening – severe electrolyte losses
- If an individual with Bulimia Nervosa is treated within the first 5 years, the recovery rate is 80%.

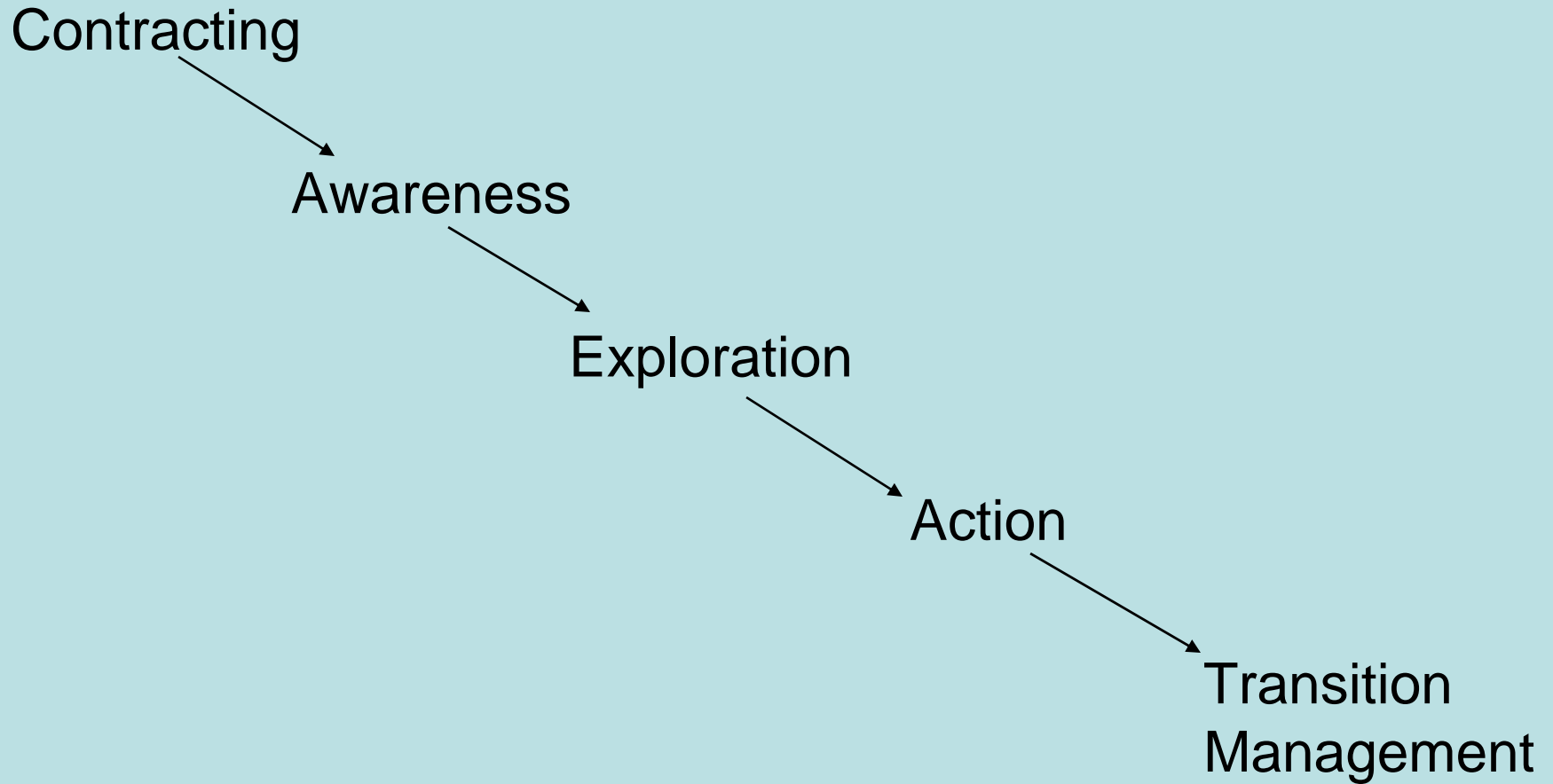
Binge Eating Disorder

- Episodes of uncontrolled eating followed by guilt and/or panic
- Most common eating disorder
- Individual may continue to binge eat even when full
- Often seen in individuals with history of abuse

Eating Disorders Not Otherwise Specified (EDNOS)

- Eating disorder that does not “fit” typical criteria for AN, BN, BED diagnosis
- Examples:
 - Chronic dieting
 - Orthorexia – an obsession of eating only healthy foods
 - Bigorexia/muscle dysmorphia – opposite of anorexia
 - Night eating syndrome

Treatment



Treatment Options

- Inpatient residential program
 - Outpatient day treatment program
- *Multi-team approach for best outcome
- *Body image therapy
- *Diet therapy

Treatment Centers

- Presbyterian Hospital Dallas
- UT Southwestern Medical Center
- The Renfrew Center - 8 locations nationwide
- Alta Mira
- Casa Palmera
- Avalon Hills
- Mirasol

Funding & Research

In the year 2005, the National Institute of Health (NIH) funded the following disorders accordingly:

<u>Illness</u>	<u>Prevalence</u>	<u>Research Funds</u>
Eating disorders	10 million	\$12,000,000
Alzheimer's dz.	4.5 million	\$647,000,000
Schizophrenia	2.2 million	\$350,000,000
Allocated funds for 2007: (eating disorders research)		\$25,000,000