

FEBRUARY 2021

# THE SCOOP

Lakes Student Services' Monthly Newsletter



## Eating Disorders Awareness Month

### What is an eating disorder?

Eating disorders are about more than just food. They are complex mental health conditions that require intervention of medical and psychological experts to alter their course.

- They can cause unhealthy eating habits to develop.
- They might start with an obsession with food, body weight or body shape.
- They can affect people of any gender and age, although more common among adolescents and young women.
- They can have serious health consequences.

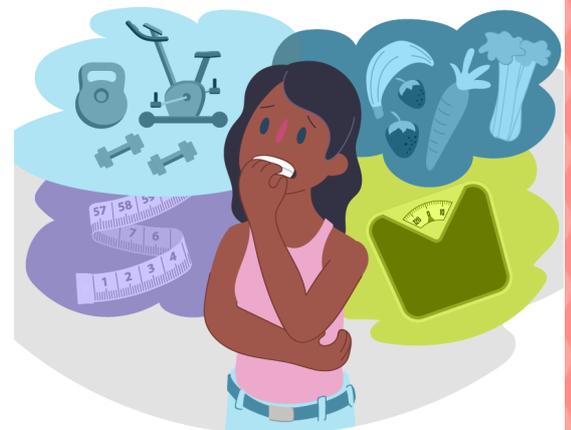
### The facts

- 30 million people in the U.S have an eating disorder.
- 95% of people with eating disorders are between 12-25 years old.
- Eating disorders have the HIGHEST risk of death of any mental illness.
- Eating disorders affect all genders, all races and every ethnic group.
- Genetics, environmental factors and personality traits all contribute to the risk of developing an eating disorder.

### What causes them?

Eating disorders can be caused by several factors, these include:

- Genetics
- Brain Biology
- Personality Traits
- Cultural Ideals



## Most eating disorders are mental health illnesses. There are 5 main types:

### Anorexia Nervosa:

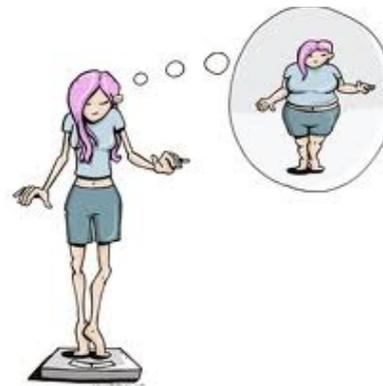
- Rejection of a healthy amount of food
- Dramatic dieting
- Compulsive exercise
- Distorted body image
- Extreme weight loss, abnormal thinness, brittle nails, hair loss, constipation, irregular menstruation and swelling

### Bulimia Nervosa:

- Consuming much more in a given period than average
- Having a "sense of lack of control" or "out of body" experience while bingeing
- Compensating for the binge episode by vomiting, use of laxatives or diuretics, fasting or excessive exercise
- Having a self-image that is dominated by body weight and appearance
- Bingeing and purging that occurs on average once a week for 3 months
- Bingeing and purging in secret

### Binge Eating Disorder:

- Eating large amounts of foods rapidly, in secret and until uncomfortably full, despite not feeling hungry
- Feeling lack of control during episodes of binge eating
- Feelings of distress, such as shame, disgust, or guilt, when thinking about the binge eating behavior
- No use of purging behaviors, such as calorie restriction, vomiting, excessive exercise or laxative or diuretic use, to compensate for the bingeing.



### Avoidant Restrictive Food Intake Disorder:

- Avoidance or restriction of food intake that prevents the person from eating sufficient calories or nutrients
- Eating habits that interfere with normal social functions, such as eating with others
- Weight loss or poor development for age and height
- Nutrient deficiencies or dependence on supplements or tube feeding

### Other Specified Feeding or Eating Disorder:

- Category developed to encompass those who did not meet strict diagnostic criteria for anorexia or bulimia but still have a significant eating disorder

If you or someone you know is struggling with an eating disorder, we are here to help.

Call our toll free, confidential Helpline at 1-800-931-2237



### References

<https://www.hopkinsallchildrens.org/Services/Pediatric-and-Adolescent-Medicine/Adolescent-and-Young-Adult-Specialty-Clinic/Eating-Disorders/Eating-Disorder-Facts>  
[childmindinstitute.org](https://www.healthline.com/nutrition/common-eating-disorders#bottom-line)

<https://www.healthline.com/nutrition/common-eating-disorders#bottom-line>