

Welcome!

**Supporting Youth
with Eating Disorders**

April, 2014

Rev. Dr. Monica L. Cummings, presenter

Susan Dana Lawrence, host

UUA Faith Development Office



“Housekeeping”

- Please turn off (stop) camera.
- Audio problem? Log out of FUZE and call in by phone (listen only).
- Recorded webinar and slides:
www.uua.org/re/teachers/webinars



“Housekeeping”

- Please mute yourself during the presentation.
- Raise red flag to speak. We will call on you in turn and un-mute you.



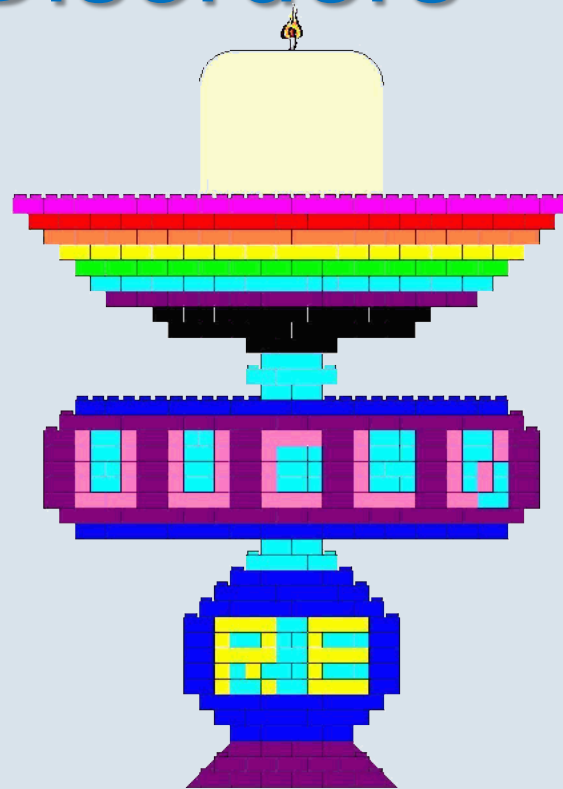
“Housekeeping”

- Jot questions/comments in Meeting Chat box during presentation.
- Watch Meeting Chat for links and information; cut/paste to your computer.



Supporting Youth with Eating Disorders

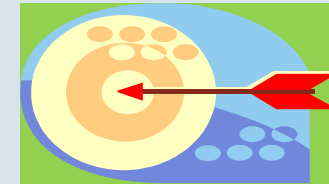
- Welcome
- Introductions



Supporting Youth with Eating Disorders

Objectives

- Learn differences between Anorexia Nervosa, Bulimia Nervosa and Binge Eating
- Learn symptoms and warning signs of eating disorders
- Learn what you can do to help





What Is an Eating Disorder?

- Persistent disturbance of eating
- Altered consumption or absorption of food that significantly impairs physical health or psychosocial functioning.

- *Diagnostic & Statistical Manual of Mental Disorders 5*

Most Common Eating Disorders

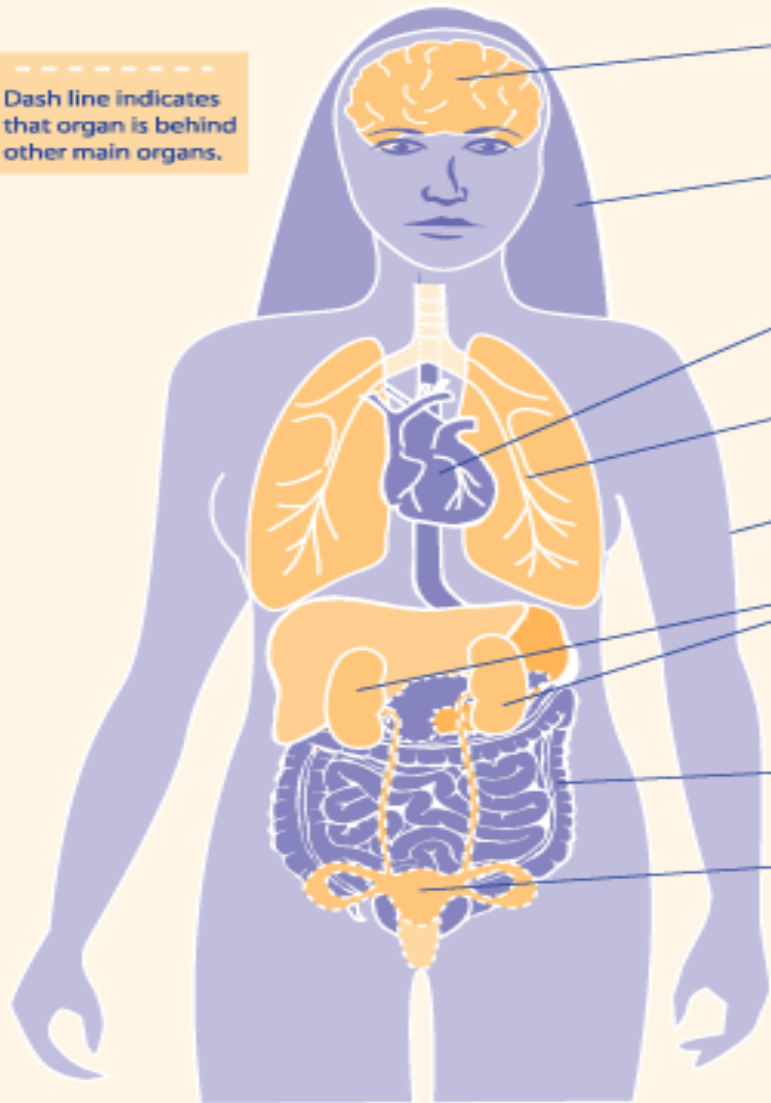
- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating / Overeating

Eating disorders
Bulimia Anorexia
BDD Body
Image MEDL
Eating
Disorders
Anorexia ED
BULIMIA
Image Binge
dysmorphia

<http://wellingtonretreat.com>

Anorexia affects your whole body

Dash line indicates
that organ is behind
other main organs.



Brain and Nerves

can't think right, fear of gaining weight, sad, moody, irritable, bad memory, fainting, changes in brain chemistry

Hair

hair thins and gets brittle

Heart

low blood pressure, slow heart rate, fluttering of the heart (palpitations), heart failure

Blood

anemia and other blood problems

Muscles and Joints

weak muscles, swollen joints, fractures, osteoporosis

Kidneys

kidney stones, kidney failure

Body Fluids

low potassium, magnesium, and sodium

Intestines

constipation, bloating

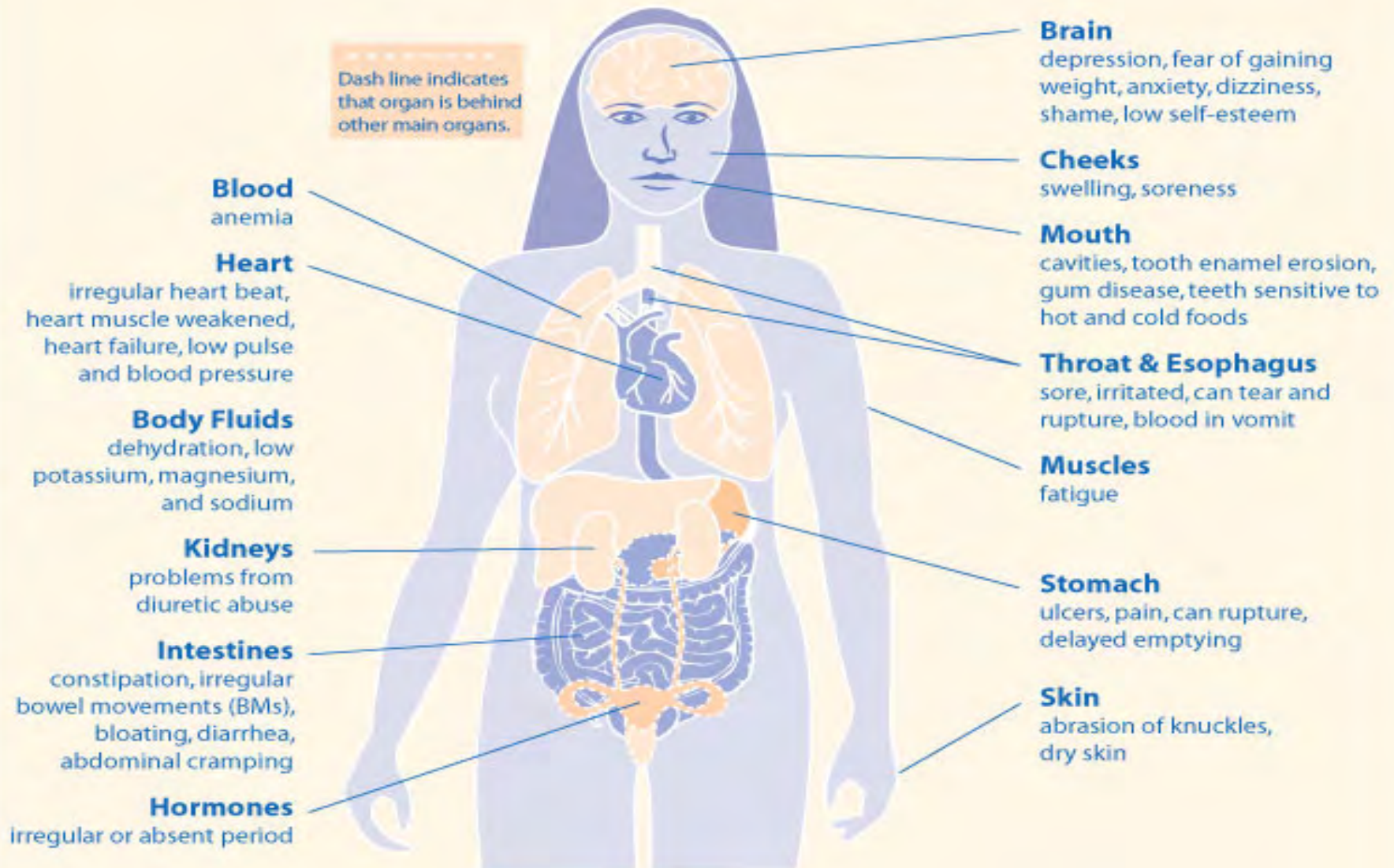
Hormones

periods stop, bone loss, problems growing, trouble getting pregnant. If pregnant, higher risk for miscarriage, having a C-section, baby with low birthweight, and post partum depression.

Skin

bruise easily, dry skin, growth of fine hair all over body, get cold easily, yellow skin, nails get brittle

How bulimia affects your body



Binge Eating Cycle





Why?

- Low self-esteem or self-consciousness
- Genetics
- Biology
- Media influence



Anorexia Nervosa: Symptoms

- Intense fear of gaining weight / becoming fat
- Significantly low body weight for age, sex and physical health
- Binge eating
- Purging behavior



Anorexia Nervosa: Symptoms

- Concern about weight gain even as weight falls
- Obsessive-compulsive features related to food
- Excessive levels of physical activity
- Scars or calluses on the hand



Bulimia Nervosa: Symptoms

- Binge eating
- Eating in secrecy
- Purging/compensatory behaviors
- Excessive emphasis on body shape or weight
- Teeth chipped or look moth-eaten
- Callouses or scars on hands



Binge Eating: Symptoms

- Binge eating
- Eating large amounts of food when not physically hungry
- Eating alone
- Feeling guilty afterward

Anorexia Nervosa: Risk Factors

- Anxiety disorders
- Obsessional traits in childhood
- Cultures/settings where thinness is valued (modeling, elite athletics)
- Suicide risk
- Substance use or addiction

Anorexia Nervosa: Risk Factors

- Major depression
- Significantly low body weight for age, sex and physical health
- Binge eating
- Purging behavior



Bulimia Nervosa: Risk Factors

- Weight concerns
- Low self-esteem
- Overanxious disorder of childhood
- Thin body ideal
- Childhood sexual or physical abuse
- Genetic vulnerabilities



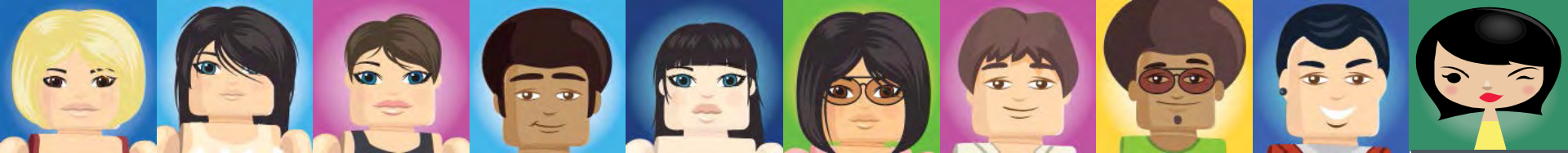
Binge Eating: Risk Factors

- Genetics
- Weight gain and obesity
- Quality of life/life satisfaction
- Bi-polar, depressive and anxiety disorders
- Substance use or addiction



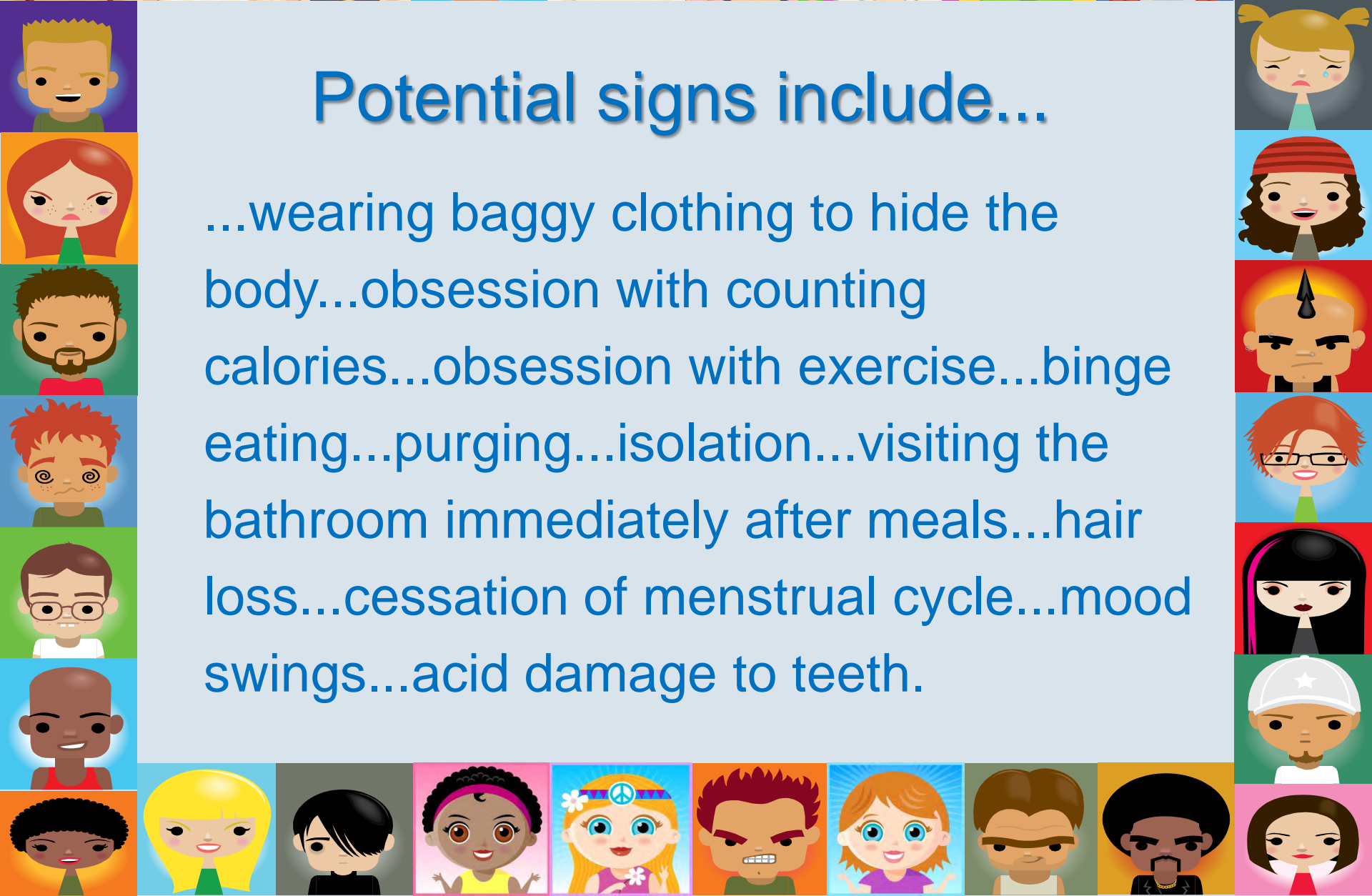
Caution - Weight is not
the only sign!

Highest mortality rate.



Potential signs include...

...wearing baggy clothing to hide the body...obsession with counting calories...obsession with exercise...binge eating...purging...isolation...visiting the bathroom immediately after meals...hair loss...cessation of menstrual cycle...mood swings...acid damage to teeth.





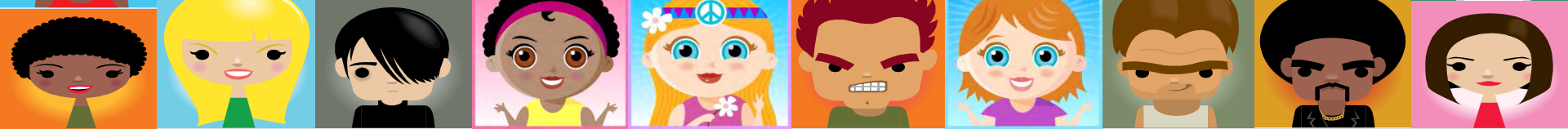
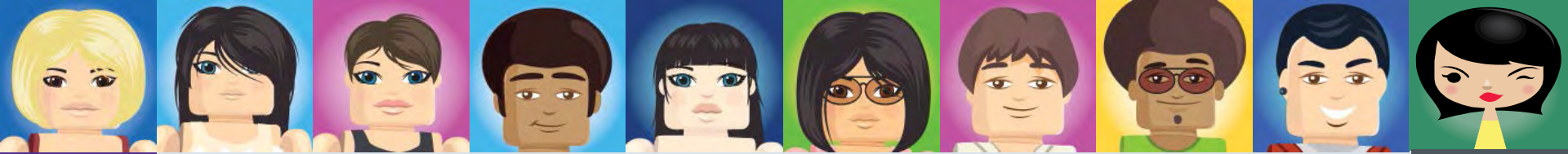
Ministry Team

- Non-judgmental attitude
- Speak to young person in private
- Talk with parents about your concerns
- Have referral information to offer
- Mandatory reporting
- Promote positive self-image



UUA Curriculum Resources

- Our Whole Lives sexuality education
- Tapestry of Faith
 - Children: All, especially grades 2-3 programs
 - Youth: Exploring Our Values through Poetry; Families; A Place of Wholeness
- Summer 2014 *UU World* Family pages: Feeling Good in Your Body



Questions





Resources

- <http://teeneatingdisordertreatment.net/eating-disorders-inside/>
- <http://www.treatingeatingdisorders.com/>
- <http://www.youtube.com/watch?v=NHHPNMIK-fY>
- <http://www.scientificamerican.com/article/brain-differences-help-explain-eating-disorders/>
- <http://www.nationaleatingdisorders.org/>
- <http://www.youtube.com/watch?v=UEysOExcwrE>