Welcome!

Supporting Youth with Eating Disorders

April, 2014

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Susan Dana Lawrence, host
“Housekeeping”

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• Recorded webinar and slides: www.uua.org/re/teachers/webinars
“Housekeeping”

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- 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

http://wellingtonretreat.com
Anorexia affects your whole body

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

- **Blood**
  - anemia

- **Heart**
  - irregular heart beat, heart muscle weakened, heart failure, low pulse and blood pressure

- **Body Fluids**
  - dehydration, low potassium, magnesium, and sodium

- **Kidneys**
  - problems from diuretic abuse

- **Intestines**
  - constipation, irregular bowel movements (BMs), bloating, diarrhea, abdominal cramping

- **Hormones**
  - irregular or absent period

- **Brain**
  - depression, fear of gaining weight, anxiety, dizziness, shame, low self-esteem

- **Cheeks**
  - swelling, soreness

- **Mouth**
  - cavities, tooth enamel erosion, gum disease, teeth sensitive to hot and cold foods

- **Throat & Esophagus**
  - sore, irritated, can tear and rupture, blood in vomit

- **Muscles**
  - fatigue

- **Stomach**
  - ulcers, pain, can rupture, delayed emptying

- **Skin**
  - abrasion of knuckles, dry skin
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.nationaleatingdisorders.org/
• http://www.youtube.com/watch?v=UEysOExwER