

Not Too Young: How Eating Disorders Can Develop in Tweens

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Tonight's Discussion

- What is an eating disorder?
- What puts my child at risk of developing an eating disorder?
- How can I help prevent an eating disorder in my child?
- What are signs my child might have an eating disorder?

Let's Discuss

- What is an eating disorder?



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What is an Eating Disorder?

- Persistent disturbance of eating that causes impairment
 - Anorexia Nervosa
 - Bulimia Nervosa
 - Binge Eating Disorder



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Anorexia Nervosa

- Low calorie intake
- Fear of gaining weight
- Distorted body perception
- Lifetime prevalence is greater in females than males
- Female and male prevalence is equal in adolescence
- Peak age of onset: early to mid-adolescence
- Restrictive vs. binge/purge

Bulimia Nervosa

- Binge eating with compensatory behavior to prevent weight gain
- Greater prevalence in females versus males
- More common than anorexia nervosa
- Peak age of onset: late adolescence

Binge Eating Disorder

- Binge eating without compensatory behaviors to prevent weight gain
- More common than anorexia or bulimia
- Greater prevalence in females vs. males

Let's Discuss

- What puts my child at risk of developing an eating disorder?



Increased risk considerations

Associated with increased risk of obesity and eating disorders

- Dieting: caloric restriction with goal of weight loss
- Weight Talk: Family members discussing own weight or making comments to children about their own weight
- Weight Teasing
- Body Dissatisfaction



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Decreased risk considerations

- Associated with decreased risk of obesity and eating disorders
- Family Meals
- Healthy Body Image



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Let's Discuss

- How can I help prevent an eating disorder in my child?



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Healthy Family-Based Lifestyle Modification

- Role Modeling
- Encouraging healthful eating
- Encouraging physical activity



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Let's Discuss

- What are signs my child might have an eating disorder?



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Warning Signs

- Disordered eating behaviors
 - Skipping meals
 - Restrictive eating behaviors
- Rapid decline in weight
- Self-induced vomiting
- Use of diet pills, laxatives, diuretics
- Excessive exercising
- Loss of menses in female

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References

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- Up To Date (uptodate.com)