



Instructor's Guide

Healthy Eating: A Guide to Nutrition **Nutrition and Eating Disorders**

Introduction

This guide provides information to help you get the most out of *Healthy Eating: Nutrition and Eating Disorders*. The contents of this guide will allow you to prepare your students before using the program, and to present follow-up activities to reinforce the program's key learning points.

Food provides our body with the sustenance to work, thrive, and succeed at our goals. Unfortunately, some people develop unhealthy relationships with food that adversely affect their physical and emotional well-being. This program reviews abnormal eating and eating disorders, examining some of the causes and effects of disordered food behavior. Viewers will examine specific eating disorders and their effects on the body as well as the mind-sets that contribute to abnormal eating. By becoming more aware of the eating disorders that could potentially affect them or their family and friends, students are empowered to seek help if needed.

Learning Objectives

After viewing the program, students will be able to:

- Understand the meaning food takes on in cultural and emotional contexts
- Have insight into the emotional and psychological aspects that drastically alter the eating behavior of some people
- Understand what affects our body image and perception of how we look
- Define anorexia nervosa, bulimia nervosa, and binge eating
- Describe the significant physical and emotional impact of suffering from an eating disorder

Program Overview

Why do some people develop disordered relationships with food? Why do some people have positive body images and others — who may appear very similar — have a negative perception of how they look? Why does food take on different meanings for different people? In this video, students explore the physical and emotional impacts of abnormal eating and eating disorders. While the emotional impacts of eating disorders can be devastating to those who suffer from them, unfortunately the physical effects can be worse and even potentially fatal. This program provides a firsthand look at the psychological underpinnings to eating disorders and the connection between poor body image and disordered relationships with food.

Main Topics

Topic 1: The Meaning of Food

In this section of the program, viewers examine the different meanings food can have beyond simply providing nourishment to survive.

Topic 2: What's Behind Abnormal Eating

Why do some people drastically and unhealthily alter their eating behavior? This section looks at some of the situations in which men and women develop eating disorders.

Topic 3: Eating Disorders and Body Image

Our body image is affected by many factors, both internal and external. Here, the video explores how self-esteem and body image are affected by a variety of factors.

Topic 4: A Healthy Body Weight

What exactly is a healthy weight? Is it the same for everyone? This section reviews how to determine Body Mass Index and what BMI indicates about your weight.

Topic 5: Anorexia Nervosa

This section defines and describes anorexia nervosa, an eating disorder resulting in severe nutritional consequences.

Topic 6: Bulimia Nervosa

This section defines and describes bulimia nervosa, an eating disorder marked by bingeing and purging.

Topic 7: Binge Eating and Other Eating Disorders

This final section examines binge eating, the most common disorder in the category of “eating disorders not otherwise specified.”

Fast Facts

- Food plays a number of different roles in our lives. When a focus on food and eating becomes too extreme, the result can be an eating disorder.
- Normal eating patterns vary and are flexible depending on the day and the circumstances. However, abnormal eating occurs when the emotional and psychological aspects of food cause a dramatic change in eating behavior.
- The tendency to develop eating disorders tends to run in families.
- Abnormal eating behavior is actually a symptom of underlying psychological problems, rather than the exclusive issue or problem.
- Body image can be affected by many factors — messages in entertainment and advertising, feedback from family and friends, types of sports and activities enjoyed, and response to the body's changes in adolescence.
- If your body weight rises above or drops below the healthy range, your risk for diseases as well as psychological and social problems increases.
- Patients suffering from anorexia usually exhibit bone protrusions, gaunt facial features, hunched body posture, and constant chill.
- It's typically not easy to identify someone suffering from bulimia. In general, he or she is usually at a normal weight, and is typically skilled at hiding abnormal behavior.
- Stress, anger, sadness, low self-esteem, anxiety, and boredom can all trigger binge eating.
- Early intervention and treatment can help prevent the life-threatening consequences of an eating disorder.

Vocabulary Terms

abnormal eating: Occurs when the emotional and psychological aspects of food cause a person to significantly alter his or her eating behavior.

anorexia nervosa: Psychological eating disorder with life-threatening nutritional consequences. Those suffering from anorexia literally starve themselves.

binge eating disorder: Defined by bingeing on food, but without the purging associated with bulimia. Actually the most common eating disorder.

BMI: Body Mass Index. Screening tool used to determine a healthy weight range at a given height. Falling between the 5th and 85th percentile is considered healthy.

bulimia nervosa: Psychological eating disorder with significant nutritional consequences. Those suffering from bulimia binge eat and then purge the body of food consumed.

EDNOS: Eating disorders not otherwise specified. Describes disordered eating that does not fit the specific description of a disease such as anorexia or bulimia.

genetic predisposition: Increased likelihood for behaving in a certain way that runs in your family. For instance, the tendency to develop eating disorders tends to run in families, meaning you are more likely to suffer from one if others in your family did.

healthy body image: Accepting and appreciating your body for what it is and what it can do right now.

osteoporosis: Thinning of the bones that can lead to fractures. Can be caused by extreme dieting and insufficient fat stores in the body.

treatment for eating disorders: Involves the resolution of both psychological and behavioral problems and issues.

Pre-Program Discussion Questions

1. Why might two people with very similar physical appearances have different body images?
2. How would you know if a good friend or family member was struggling with an eating disorder? Could someone have an eating disorder without you knowing?
3. If your friend told you he or she wanted to go on a diet, how might you respond? What factors might affect your response?
4. Are some ways of losing weight better than others? Why or why not?
5. Can someone look healthy but actually be unhealthy? Why or why not?

Post-Program Discussion Questions

1. What external factors might affect someone's body image? What about personal or internal factors?
2. What meaning does food play in your life? Are certain foods connected to particular memories? Do you seek out or avoid foods because of meaning they might have?
3. What are some factors that might cause someone to have a tendency towards an eating disorder?
4. If someone you know is suffering from an eating disorder, what action can you take? How might you effectively be able to assist them in getting help?
5. What physical effects can eating disorders have on the body?

Student Projects

- Often it's hard to understanding why someone struggles with abnormal eating. Review some firsthand accounts from those who are struggling or have struggled with eating disorders (check books, Web sites, documentaries, etc.). Do any common themes in the different experiences stand out? What stories resonated most with you and why? After gaining the perspective of someone who has experienced an eating disorder, how does your own perspective change? If a close friend or family member was struggling with abnormal eating, how might you respond? Share your thoughts and responses to these questions in a written paper or journal entry.
- What is the relationship between eating disorders and sports and other active pursuits such as dance? If you were the athletic director at a high school or college, how would you encourage healthy eating and body image among your students and athletes while still pushing them to succeed? What recommendations might you make to those involved in these activities to achieve their goals while still staying healthy?
- Media images and messages can influence our body image and our self-esteem. Create a visual representation (such as a collage or video montage) of both healthy, realistic depictions of body type, weight, and personal value in the media, as well as less-healthy examples. Where is the media contributing to healthy nutritional choices and where is it having a negative impact? Do you think it is the job of the media to communicate particular messages about self-esteem? Why or why not? Share your personal opinion when presenting your visual examples.
- What's involved in professional treatment of eating disorders? What topics are addressed? How do treatment providers use both psychological and nutritional interventions to achieve successful treatment? What philosophical perspectives inform treatment? Research various treatment approaches and options for those suffering from eating disorders, and share your findings with the class in a written paper or presentation.

Assessment Questions

- Q1:** This occurs when the emotional and psychological aspects of food cause a person to dramatically change their eating behavior.
a) healthy dieting b) abnormal eating
c) informed food choices d) increased athletic performance
- Q2:** When do eating disorders most commonly begin?
a) adolescence b) childhood c) adulthood d) it varies
- Q3:** True or False: The tendency to develop an eating disorder is random; it does not run in families.
a) True b) False
- Q4:** True or False: Only women develop eating disorders.
a) True b) False
- Q5:** What is calculated by dividing weight in pounds by height in inches, dividing by height again, and multiplying by 703?
a) metabolism b) likelihood of developing an eating disorder
c) hip-to-waist ratio d) BMI
- Q6:** What eating disorder is indicated by starvation behavior?
a) EDNOS b) binge eating disorder c) anorexia nervosa d) bulimia nervosa
- Q7:** People suffering from this eating disorder typically appear to be of normal weight, but can be doing significant damage to their internal organs.
a) EDNOS b) binge eating disorder c) anorexia nervosa d) bulimia nervosa
- Q8:** True or False: If your eating patterns do not fit the symptoms of a described eating disorder such as anorexia or bulimia, you are a normal eater.
a) True b) False
- Q9:** What is the most common eating disorder?
a) EDNOS b) binge eating disorder c) anorexia nervosa d) bulimia nervosa
- Q10:** What is the best thing to do if you suspect a friend or family member of suffering from an eating disorder?
a) Let them know your concerns b) Tell a trusted adult
c) Make multiple efforts if the first is not effective d) All of the above

Assessment Questions Answer Key

Q1: This occurs when the emotional and psychological aspects of food cause a person to dramatically change their eating behavior.

A1: (b) abnormal eating

Feedback: Abnormal eating can include excessive overeating, purging, or eating very little.

Q2: When do eating disorders most commonly begin?

A2: (a) adolescence

Feedback: Bodies most rapidly grow and change in adolescence, which can trigger emotional reactions affecting eating behavior.

Q3: True or False: The tendency to develop an eating disorder is random; it does not run in families.

A3: (b) False

Feedback: Eating disorders do tend to run in families; people can have a genetic predisposition to them. Additionally, other factors that may contribute to eating disorders include low self-esteem, perfectionist personalities, and a need for control.

Q4: True or False: Only women develop eating disorders.

A4: (b) False

Feedback: Eating disorders are a growing problem for young men. The role the media plays in affecting self-image and self-esteem can affect both men and women.

Q5: What is calculated by dividing weight in pounds by height in inches, dividing by height again, and multiplying by 703?

A5: (d) BMI

Feedback: The BMI (Body Mass Index) tool is a common way to determine the healthy body weight range for one's height.

Q6: What eating disorder is indicated by starvation behavior?

A6: (c) anorexia nervosa

Feedback: The nutritional consequences of anorexia can be life-threatening, and intervention is needed as soon as possible. Treatment includes both exploring the underlying psychological issues and providing needed nutrition.

Q7: People suffering from this eating disorder typically appear to be of normal weight, but can be doing significant damage to their internal organs.

A7: (d) bulimia nervosa

Feedback: Bulimia is categorized by binge eating followed by purging the body of those calories. Purging can lead to rupture of the esophagus and can also cause damage to the stomach, trachea, and even the heart.

Q8: True or False: If your eating patterns do not fit the symptoms of a described eating disorder such as anorexia or bulimia, you are a normal eater.

A8: (b) False

Feedback: More than half of the people who seek treatment for an eating disorder do not fit into the symptoms of one of the more 'defined' disorders. These are generally referred to as the EDNOS category, for Eating Disorders Not Otherwise Specified.

Q9: What is the most common eating disorder?

A9: (b) binge eating disorder

Feedback: Binge eating disorder affects 2-3% of the population, including both men and women. A significant portion of the adults who attend weight loss clinics actually have binge eating disorder.

Q10: What is the best thing to do if you suspect a friend or family member of suffering from an eating disorder?

A10: (d) all of the above

Feedback: Early intervention and treatment are key to preventing the life-threatening consequences of an eating disorder. If you are concerned, continue to pursue intervention efforts.