Outline

Disordered eating and eating disorders

Appropriate body weight

What to do if…

Nature vs. nurture (genes vs. environment)

Calories in, calories out

Characteristics of a sound diet

Body Weight and Body Image

Dissatisfied with current body

8-72% of men and women

66% of Americans are either trying to lose weight or trying not to gain weight

20-70% of preschoolers have body dissatisfaction

Desire to change current body weight/shape

85% of first-year male and female college students

Females: “Thicc”(?)

Males: Muscularity

What are…

Eating disorders

Disordered eating: When attitudes about food, weight & body size lead to very rigid eating & exercise habits that jeopardize health, happiness, safety

Eating continuum

Sources of the Problem

Low self-esteem\*\*\*

Extremely critical of self & body, perfectionist

Distorted thoughts:

body image

hunger

Psychologically predisposed

Media

Portrays only one shape as the “ideal” body type

FABT or FABM: “Life will be good when I am just 5 lbs...”

APA Criteria for anorexia nervosa

• Significant under consumption of calories compared to energy needed

• An intense fear of gaining weight or becoming fat, even though underweight.

• A disturbance in the way one’s body weight or shape is perceived.

*Diagnostic and statistical manual of mental disorders (Fifth edition)*

Jennifer

21 y.o. white female, 66”, 82 lbs

h/o only child, controlling parents

Now preparing to graduate from UC Berkeley.

Not feeling ready to take on responsibility as adult

Ate only 1/2 bagel, eggs, broth soup, milk

Very slow to gain weight

APA Criteria for Bulimia nervosa (BN)

• Recurrent episodes of binge eating, at least once per week for 3 months.

• Lack of control over eating during the binge.

• Regular use of self-induced vomiting, laxatives, diuretics, fasting, or excessive exercise to control body weight.

• Persistent concern with body weight and body shape.

*Diagnostic and statistical manual of mental disorders (Fifth edition)*

Kim

24 y.o. white female, 65”, 120lbs

Bulimia nervosa, h/o ETOH addiction 6 mos prior

Works 3 jobs: lab tech, dog walker & night vet ER supervisor. Aerobic exercise 60 min daily

Expensive lifestyle: new car, large apartment in Marin

“No time to eat during the day”.

Stop at 6 different fast food restaurants after work, 11 pm. Binge/purge until 3 am. Up at 7am.

Wants to “normalize my eating”

Relative Energy Deficiency in Sports

Muscle Dysmorphia

A disturbance of self-perception in which individuals are obsessively preoccupied with the belief they are insufficiently muscular.

Adonis complex

Coincided with an increase in the number of men:

using anabolic steroids

experiencing eating disorders

suffering from body obsession

Prevention & Treatment

Develop self-esteem and self-respect that transcends physical appearance

Start with finding a part of your body that you like

Ways to think about your body

What to do if…

You are having trouble:

Ask for help

Student Wellness Center

Counseling Services

Support from family & friends

Your friend is having trouble:

Be a friend

Offer support

Let him/her know there are resources available

Causes of weight gain

The simple answer

Energy consumption exceeds energy expenditure

The difficult answer

Involves a complex interplay of both genetic and environmental factors

Parents pass down genes but also define our environment

Environmental factors in weight gain

Readily available high-fat, high-Calorie foods

Intentional balance of: salt, fat & sugar

Labor saving devices

Physical inactivity

Sleep

Built environment

Gut microbiota

Calories needed/day depends on:

Age

Body weight (most significant)

Sex

Resting energy expenditure (REE)

Thermic effect of feeding (TEF)

Physical activity levels

Appropriate Wt

A height to weight ratio

Body weight in KG ÷ (Height in meters)²

Body weight in lbs x 705 ÷ (Height in inches)²

Hamwi calculation

Interpreting BMI

Underweight: BMI < 18.5

Normal: 18.5-24.9

Overweight: BMI > 25-29.9

Obesity: BMI > 30

How does location of body fat affect health?

Apple-shaped obesity

Abdominal region

VAT

Pear-shaped obesity

Gluteal-femoral region

SCAT

Poodle Science

https://www.youtube.com/watch?v=H89QQfXtc-k

Behavior Modification

Model for health improvement:

Theory: Behaviors are paired

Learn new ways to deal with less desirable behaviors

Requires 3-steps

Knowledge

Have proper knowledge about benefits of diet and exercise

Values

Identify set of personal values or attitudes

Behavior

Modify behavior to reflect your values

20 Guidelines for Healthy Eating

Eat more nutrient-dense foods and fewer energy-dense foods

Eat foods that make you feel full

Restrict portion sizes

Eat less fat

Eat fewer and smaller amounts of refined sugar

Reduce the intake of both fat and sugar

Eat more low-fat/fat-free dairy products

Eat more low-fat meat and meat substitutes

Eat more whole, unprocessed carbohydrates

Guidelines for Healthy Eating

Eat more fruits

Eat more veggies

Consume less fat

Reduce liquid Calories

Limit intake of alcohol

Limit salt intake

Eat slowly

Nibble, don’t gorge

Eat breakfast

Learn to cook

Eat nutrient dense foods

What Parents can do for Prevention

Consider your thoughts, attitudes, and behaviors toward your own body. Make an effort to maintain positive, healthy attitudes & behaviors. Children learn from the things you say and do!

Examine closely your dreams and goals for your children. Are you overemphasizing beauty and body shape? Avoid conveying an attitude that equates love or support with weight & shape.

Discuss with your children (a) the dangers of trying to alter one’s body shape through dieting, (b) the value of moderate exercise for health, and (c) the importance of eating a variety of foods in well-balanced meals consumed at least three times a day.

Avoid categorizing foods into “good/safe/no-fat or low-fat” vs. “bad/dangerous/fattening.”

Be a good role model in regard to self-acceptance, sensible eating and exercise.

Make a commitment to exercise for the joy of feeling your body move and grow stronger.

Practice taking people seriously for what they say, feel, and do, not for how slender or “well put together” they appear.

Help children appreciate and resist the ways in which the media distorts the true diversity of human body types and implies that a slender body means power, excitement, popularity, or perfection.

Encourage your children to be active and to enjoy what their bodies can do and feel like.

Do whatever you can to promote the self-esteem and self-respect of all of your children in intellectual, athletic, and social endeavors. Give boys and girls the same opportunities and encouragement. Be careful not to suggest that females are less important than males, e.g., by exempting males from housework or childcare. A well-rounded sense of self and solid self-esteem are perhaps the best antidotes to dieting and disordered eating.