

Signs and Symptoms that family and friends might notice

- * reading diet books
- * diet or eating disorder websites in history on computer
- * obsession with recipes/cooking
- * sudden decision to become a vegetarian
- * picky eating or wanting only "healthy foods"
- * washroom use immediately after eating
- * multiple showers per day (to vomit)
- * large amounts of missing food
- * skipping meals regularly
- * refusing to eat with family/friends
- * discovery of diet pills or laxatives
- * excessive exercise
- * report of frequent "stomach flu"
- * sudden dramatic weight loss
- * obsessive interest in calorie/fat content of all food

What do statistics tell us? Why should we be concerned?

- ❖ Eating Disorders are the 3rd most common chronic condition in adolescent females
- ❖ Peak age of onset: 14-18 years
- ❖ Approximately 30% of females in grade 9 and 10 are dieting
- ❖ 8% of adolescents Grades 9-12 have used self-induced vomiting to lose weight
- ❖ Eating Disorders have the highest mortality of any mental illness
- ❖ Most common cause of death for adolescent females
- ❖ Eating disorders also occur in males
- ❖ During childhood & adolescence weight loss or failure to gain weight leading to weight below 85% of that expected for age, height and gender has an effect on every system in the growing and developing body. (Dr. Stare, pediatrician, Eating Disorder Program LHSC)



Huron Outreach Eating Disorders Program



**Offices located in Clinton,
Exeter, Goderich, Seaforth
and Wingham**

519-524-8316

or

1-877-695-2524

What is an Eating Disorder?

If a person has extreme concern about weight and shape and is practicing extreme weight control behaviours then they have (some form of) an eating disorder and are probably experiencing (or are at high risk for) physical and emotional symptoms that could lead to illness or death

Anorexia Nervosa: Someone with anorexia is obsessed with thinness and is willing to starve her/himself to achieve an arbitrary "desirable" weight that is well below a weight that is compatible with health.

Bulimia Nervosa: In an effort to prevent weight gain, someone with bulimia usually tries to limit his or her food intake. This food restriction is then followed by episodes of binge eating during which there is a feeling of lack of control over eating. The binge is then followed by a purge. (Why Weight? Fraleigh, Schmelefske, Henderson & Pinhas)

Eating Disorders NOS: Disorder of eating not captured by anorexia nervosa or bulimia nervosa or don't quite meet the full criteria for anorexia or bulimia. More than half of all patients fall into this category.

Are you struggling with an eating disorder?

The outreach program can provide counselling for adolescents and adults

Treatment – Adolescent & Child

Children and adolescents with eating disorders need help – Eating Disorders are not phases children go through

- The sooner an eating disorder is identified and treated the better the outcome.
- Fewer than 1 in 10 adolescent girls with symptoms of eating disorders seek help on their own. The vast majority of adolescents get help for an eating disorder because their parents insist they get help...not because they want to get help. (Robinson)

There is help available and recovery is possible. If you are an adolescent with an eating disorder or a parent concerned that your child may have an eating disorder it is very important that you speak to your family doctor and call the Huron Outreach Eating Disorders Program.

Treatment - Adult

If you are an adult with an eating disorder, chances are you have been struggling for a long time. You have likely seen your health decline, relationships change and experienced emotional distress. You know how much of your life is being consumed and affected by the eating disorder.

There is help available. Speak with your family doctor and call the Huron Outreach Eating Disorders Program.

How to refer to the Huron Outreach Eating Disorders Program:

Psychiatrists, physicians and social services agencies can make referrals to our program. Self referrals are also accepted. Service is voluntary and there are no charges or fees connected with attending our program.

To make a referral call:

519-524-8316 or 1-877-695-2524

