Pediatric & Adolescent Eating Disorders

Presenters:
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- Our goal is to have this be an interactive session, so please submit your questions throughout the presentation via the chat box!

- As a follow-up, we will send an email of the video recording and the presentation slides, along with links to resources discussed.

- We invite you to participate in the survey following today’s presentation.

- We’d love to hear from you! If we don’t cover something, or if your question isn’t answered, contact us at memberinfo@vhan.com.
Content Synopsis

Overview

- What defines an eating disorder?
- Risk factors
- Picky eating or eating disorder?
- When to talk to your pediatrician
- What roles do families play in recovery?
What is an eating disorder?

EATING DISORDERS ARE COMPLEX, SERIOUS AND SOMETIMES LIFE THREATENING MENTAL DISORDERS

They can be characterized by disturbances in thoughts, behaviors and attitudes about food and eating, body weight and shape, and movement.
30 million
People struggling with an eating disorder in the United States

95%
are between the ages of 12-25
Common Eating Disorders

Anorexia Nervosa
Rigid structure/schedule, dramatic weight loss, body image concerns

Bulimia Nervosa
Hidden wrappers of large amounts of food, increased tooth sensitivity or cavities

Binge Eating Disorder
Stealing/hoarding food, creates lifestyle around binge times
Common Eating Disorders

Avoidant-Restrictive Food Intake Disorder (ARFID)
Dramatic weight loss, limited range of preferred foods, fears of choking/vomiting

Other Specified Feeding and Eating Disorders (OSFED)
Catch-all category which may include diabulimia, orthorexia, compulsive exercise
Having a close relative with an eating disorder

First degree relatives with eating disorders increase risk

Family history of mental health concerns

Similarly, family history of anxiety, depression, etc can increase risk

Type 1 (insulin-dependent) diabetes

Approximately 25% of women diagnosed with Type One diabetes will develop an eating disorder
Psychological Risk Factors

Negative body image
Teens with eating disorders are more likely to report higher levels of body dissatisfaction

Personal history of mental health disorders
High correlation with anxiety disorders (social phobia, OCD and generalized anxiety)

Inflexibility or rigid mindset
Always following the rules and 'doing the right thing'

Perfectionism
One of the strongest risk factors
Risk Factors - Social

Disconnection from social groups
Loneliness and isolation have high correlations with anorexia

Weight Stigma
Receiving messaging that "thin = better"

Teasing or bullying
60% of teens with eating disorders mention bullying as a contributing factor to behaviors

Cultural considerations
Consider cultural factors around body image satisfaction and eating behaviors
Picky Eating vs Eating Disorder

Parents know their children best!

Appears uncomfortable eating around others

Develops food rituals

Skipping meals or taking smaller portions of food
When to visit the Pediatrician

- IF YOUR CHILD IS EXHIBITING WARNING SIGNS
  (Changes in eating patterns, weight)
- 2-6 YEARS TO BE DIAGNOSED
- ENCOURAGEMENT FOR EARLY INTERVENTION
  Less time between onset of symptoms and diagnosis indicates higher remission rates
- PEDIATRICIAN IS YOUR FIRST POINT OF CONTACT
  May be referred to specialized eating disorder treatment team
Role:

Pediatrician's

Assess for medical stability
Presentations are communication tools.

Assess for psychiatric comorbidities
anxiety, mood disorders, trauma, etc

Which comes first?
Eating disorder or mental health diagnosis?

Eating disorder as a symptom
Families Role in Recovery

Notice behaviors
Noticing behaviors and helping adolescent seek help and/or support.

Development of treatment team
This includes pediatrician, therapist and dietitian.

Family Based Therapy (FBT)
Used for treatment of Anorexia Nervosa
Thank you so much for joining the conversation today!

• You can access all Well Moment webinars and resources at wellmoment.org.

• If we don’t cover something, or if your question isn’t answered, please contact us via email at memberinfo@vhan.com.