

Pediatric & Adolescent Eating Disorders

Presenters:

Mackenzie Fox, LPC-MHSP (temp)

Jamison Worley, MS, RDN, LDN

Laura Laine, PMHNP



Housekeeping

- 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

Risk Factors- Biological

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

Risk Factors- Psychological

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

Pediatrician's

Role:

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

Questions

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.