

Heatly Newsletter

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Green Island



Too much pressure to be thin?

Need More Information?

If you would like more information or would like ideas on how to bring up this topic with your child, please contact our office. We would be more than happy to help you!

Contact Our Office!

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Dieting and staying thin and fit are common topics of communication for pre-teens and teenagers. To a certain extent, this is normal and healthy. Teens should try to exercise and eat healthy foods to improve their growth and overall health.

However, when the dieting and desire to stay thin are causing the child to lose a substantial amount of weight or negatively impact their health, it is a cause for concern. Anorexia, bulimia and binge eating disorder are the three most common eating disorders and are characterized by an obsession with food and body image.

To be classified as Anorexia Nervosa, the individual must exhibit the following symptoms: refusal to maintain body weight at or above a minimally normal weight for height, body type, age, and activity level,

intense fear of weight gain or being “fat”, feeling “fat” or overweight despite dramatic weight loss, loss of menstrual periods (in females), extreme concern with body weight and shape. Symptoms can also include brittle hair and nails, low blood pressure, and drop in internal body temperature, making the person feel cold often. Death can occur through cardiac arrest or dehydration.

Bulimia Nervosa is characterized by: repeated episodes of bingeing (eating a large amount of food) and purging (getting rid of the food through vomiting or laxatives), feeling out of control during a binge and eating beyond the point of comfortable fullness, purging after a binge, (typically by self-induced vomiting, abuse of laxatives, diet pills and/or diuretics, excessive exercise, or fasting),

frequent dieting, extreme concern with body weight and shape. Other symptoms include sore and inflamed throat, and worn tooth enamel, and swollen glands.

Binge eating disorder, also known as compulsive overeating, is characterized by bingeing however it is not followed by purging. Body weights can range from normal to overweight or obese.

Treatments for all eating disorders include restoring the person to a healthy weight. Often, eating disorders have an underlying cause. Therapy will work on uncovering and discussing the motivation behind disordered eating.

For more information, please see the National Eating Disorders Association’s website, www.nationaleatingdisorders.org

Too young to diet?

An obsession with becoming thin has hit children at an increasingly younger age. Parents should stay connected to their children’s feelings surrounding eating. If a child has been refusing to eat, talk to your child to determine the cause. If your child has lost weight due to not eating, see

your pediatrician to rule out an underlying physical cause. If it is truly a desire to stay thin that is causing the drop in weight, reevaluate your child’s home life. Often, children mimic parents’ and older siblings’ dieting habits. Images and programs seen in magazines and on T.V. could also

trigger negative eating habits. Working with your pediatrician and possibly a therapist will provide assistance to you and your child to improve their health.

For additional outside resources, including therapists, please contact our office!