Eating disorders among college students
An eating disorder is defined as any of a range of psychological disorders characterized by abnormal or disturbed eating habits (Dictionary.com).

30-70% of people experiencing an eating disorder receive treatment focused on physical goals rather than realizing the mental aspect of the illness.

College students in particular have a higher chances of developing an eating disorder due to the amount of stressors present in their lives (new school, new friends, grades, social standards, identity issues).
Overall causes

- More likely to develop an eating disorder if a family member has had one
- Already being affected by other mental disorders such as anxiety or depression
- Major life changes
- Passed traumatic experiences
- Sports performance requirement
- Cultural causes
# Causes Cont. In Depth

<table>
<thead>
<tr>
<th>Moving away from parental support and having a decrease in structure</th>
<th>College can consist of more peer pressure which can lead someone into developing an eating disorder in order to fit in</th>
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</thead>
<tbody>
<tr>
<td>New college life can be stressful especially when it comes to making new friends or maintaining good grades</td>
<td>Social Media. Most college students are on at least one to two social media platforms</td>
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</tbody>
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“Freshman 15”

➔ Students typically only gain 2.5 to 3.5 pounds their freshman year.
➔ Because of this common stigma, colleges turn to anti-obesity campaigns which can actually do more harm than good.
➔ Students turn to diets and binge eating rather than focusing on a healthy lifestyle.
Anorexia nervosa - lack or loss of appetite for food

Charaterized by:
- Dramatic weight loss
- Difficulty maintaining an appropriate body weight
- Lack of appropriate weight gain
- Distorted body image

It's the third most chronic illness in adolescents, after Asthma and obesity
**BULIMIA**

- When individuals have frequent and uncontrollable periods of overeating. Related with binge eating disorder.
- Sessions of going on a binge which were later followed with vomiting, taking laxatives, or periods of starving themselves, which aids in them not gaining weight.
- A recent study found it affected 13% of college students, of these 87% females and 13% males.
- Happens usually between ages of 13 to 40
- Can come and go but one session usually lasts weeks to months.
- Can be caused by childhood trauma, family influences, or social pressures.
- Some scientist believe that antidepressants can aid in treatment.
Eating Disorder Statistics

- Up to 24 million people in the U.S. suffer from an eating disorder
- Eating disorders have the highest death rate of all mental illnesses
- 91% of surveyed college-campus women controlled weight through dieting
- 22% of surveyed college-campus women reported to diet often/always
- 86% of surveyed students reported beginning of an eating disorder by age 20
- 25% of college-aged women binge and purge

Source: National Association of Anorexia Nervosa and Associated Disorders, Inc.
Interesting facts

• Study showed that students with eating disorders were reported more prone to alcohol-related injuries even though consuming the same amount or less alcohol.
• Bulimia and Anorexia are the most common eating disorders among college students.
• Full blown eating disorders typically begin between the ages of 18-21.
• Very common for those with eating disorders to have a need for control or perfectionism.
**Signs and How to Become Aware**

- Menstrual irregularities
- Abnormal laboratories
- Dizziness and fainting
- Sleeping problems
- Dental problems
- Impaired immune function

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**Warning Signs: Eating Disorders**

People with eating disorders risk premature death due to medical complications.

- Low self esteem and body image
- Dramatic weight loss
- Preoccupation with weight, food facts, meal rituals
- Routine bathroom trips immediately after eating
- Binging on and hoarding large amounts of food
- Increased use of laxatives, diuretics or diet pills
- Compulsive exercising
- Withdrawn from friends and activities

Source: National Eating Disorders Association
WebKazoo graphic
DEBUNKING MYTHS

• “You can tell that someone has an eating disorder just by looking at them.”

• “Eating disorders are a result of over controlling parents and dysfunctional families.”

• “Eating disorders are a lifestyle choice.”

• “Eating disorders are a teenage phase. They’ll go away if you ignore them.”

• “Recovery from eating disorders is rare.”

• “Eating disorders are only associated with women”
TREATMENTS

➔ Dieting
  ◆ Meal planning
  ◆ Healthy snacks

➔ Psychological therapy
  ◆ Cognitive behavioral therapy
  ◆ Family-based therapy

➔ Medications
Works Cited

Anorexia info.: https://www.nationaleatingdisorders.org/what-are-eating-disorders

Treatments:

Really good info: https://childmind.org/article/eating-disorders-and-college/
http://www.healthyteenproject.com/adolescent-eating-disorders-ca

Facts: https://childmind.org/article/eating-disorders-and-college/

Signs and symptoms: https://www.nationaleatingdisorders.org/warning-signs-and-symptoms

Causes: https://www.eatingrecoverycenter.com/conditions/eating-disorders/causes