



EATING DISORDERS

AMONG COLLEGE

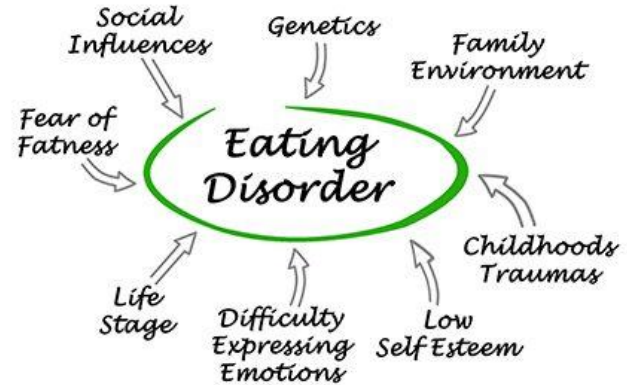
STUDENTS

## OVERVIEW

- 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

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



## "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

*Characterized 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*



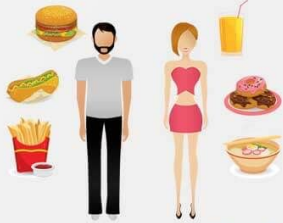
## BULIMIA

- 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



# STATS

## Surprising Eating Disorder Statistics



Eating disorders affect **both males and females** and often strike during adolescence. If not treated, they can have serious, even fatal consequences.

Americans with an eating disorder:

# 8 million



50% Americans who know someone with an eating disorder



**10-15%** of people with anorexia or bulimia who are **males**



**95 percent** of people with eating disorders are aged **12 to 25**



**18-20%** of anorexics die within **20 years** of contracting the disease

## 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



## 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

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

# 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:*

<https://www.mayoclinic.org/diseases-conditions/eating-disorders/in-depth/eating-disorder-treatment/art-2004>

*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>