Social Issues Project Power Point

Eating Disorders

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FNES 106 – Professor Tietje
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Collaborated with two classmates to create a fifteen minute informative PowerPoint presentation to the class regarding social issues. Our group focused on eating disorders; I contributed the “Binge Eating” portion.
Binge Eating

What is it?
Definition

• abnormal feeding habit
  • eating, handling & hoarding food

• uncontrolled ingestion
  • large quantities
  • amount of time
  • lack of control

Affects 3 times as many men & women as anorexia & bulimia combined
Believing I’m Not Good Enough

FAT BASTARD

I eat because I'm unhappy,
and I'm unhappy because I eat.
It's a vicious cycle

http://www.youtube.com/watch?v=DH5TMCR8etc
The Vicious Cycle

Trigger Event
(situation, thought, feeling)

Eating alone due to feelings of embarrassment and shame

Eat large amount of food  Eating Fast  Feeling 'out of control'  Eating when not physically hungry

Feeling uncomfortably full

Feeling disgusted with oneself, depressed, ashamed and guilty for overeating

Stages of Binge Eating
Causes

http://www.eatingdisorderfoundation.org/images/EatingDisorders.jpg
Most people think it's just acting... They don't realize I have a serious problem!
Symptoms / Warning signs

- Rapid weight gain
- Eating large quantities of food even when not hungry
- Eating food to the point that one is uncomfortable and even in pain
- No purging behaviors are used to get rid of food or calories
- Uses food to self medicate
- Hiding food around the home in anticipation of the binge
- Eating late at night
- Shame after overeating
- Feeling out of control over food
- Depressed and anxious mood
- Low self-esteem
- Frequent weight fluctuations
1. Recurrent episodes by BOTH of the following:
   a. Eating in a discrete amount of time (within a 2 hour period), an amount that is definitely larger than most people would eat during a similar time period.
   b. Sense of lack of control over eating during an episode.

2. Three (or more) of the following:
   a. Eating much more rapidly than normal.
   b. Eating until uncomfortably full.
   c. Eating large amounts of food when not hungry.
   d. Eating alone because of being embarrassed by how much one is eating.
   e. Feeling disgust with oneself, depressed, or guilty after overeating.

3. Marked distress regarding binge eating is present.

4. The binge eating occurs, on average, at least 2 days a week for 6 months.

5. The binge eating is not associated with the regular use of inappropriate compensatory behaviors (e.g. purging, fasting, compulsive exercising).
• Obesity
• Type II Diabetes
• Osteoarthritis
• High Cholesterol
• High Blood Pressure
• Chronic kidney problems
• Gastrointestinal problems
• Heart Disease
• Gallbladder Disease
• Joint and muscle pain
• Sleep apnea
• Depression
• Anxiety
• Certain types of cancer