

Eating Disorders In Adolescents

*Recognition, Prevention and
Treatment*



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BODY U



Missouri Eating Disorders Council

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SCHOOL OF MEDICINE



Missouri Eating Disorders Council

The Missouri Eating Disorders Council is charged with leading eating disorders education, awareness, and treatment initiatives throughout the state, and promoting increased access to evidence-based, and other treatments of proven effectiveness. The Council's goal is to employ fact-based, best-in-class materials and strategic partnerships to bring focus and understanding to the serious nature of this disease.



The Center for Healthy Weight and Wellness specializes in a diverse array of clinical and behavioral research focused on the causes, characterization, prevention and treatment of eating disorders and improving access to care. CHWW partners with MOEDC to implement research in the community.

Overview

1

Eating Disorders 101

What are eating disorders and what are their side effects?

2

Identifying EDs

How do you recognize eating disorders?

3

Body U

Proven online program.

4

New! Body U Teens

Benefits for Students and Schools.

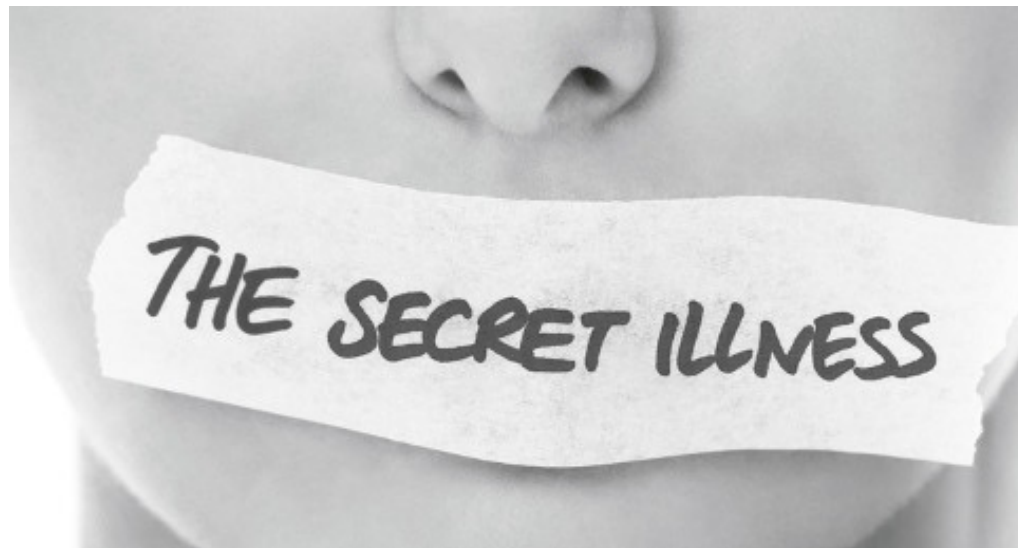


Raise Your Hand

If...

- You can name four types of eating disorders (EDs)
- You know or have known someone with an ED
- You know where to send a student with an ED to receive care

At least 30 million people during the course of their lifetime will suffer from eating disorder in the United States



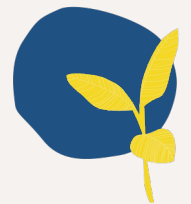
“Nine percent of Missourians (539,301 people) will have an eating disorder in their lifetime.”

2021 Social & Economic Cost of Eating Disorders in Missouri Study

“Eating disorders are serious, but treatable mental and physical illnesses that affect all genders, races, religions, ethnicities, sexual orientations, body shapes and weight.”

2022 National Eating Disorders Association

Eating disorders are highly treatable with early intervention and treatment are key drivers of positive outcomes.



Eating Disorders Are **Not** A Choice

Every 62 minutes at least one person dies as a direct result from an ED

Mortality from Anorexia is the second highest of all mental disorders








EDs rank as the 12th leading cause of disability in young women in high-income nations

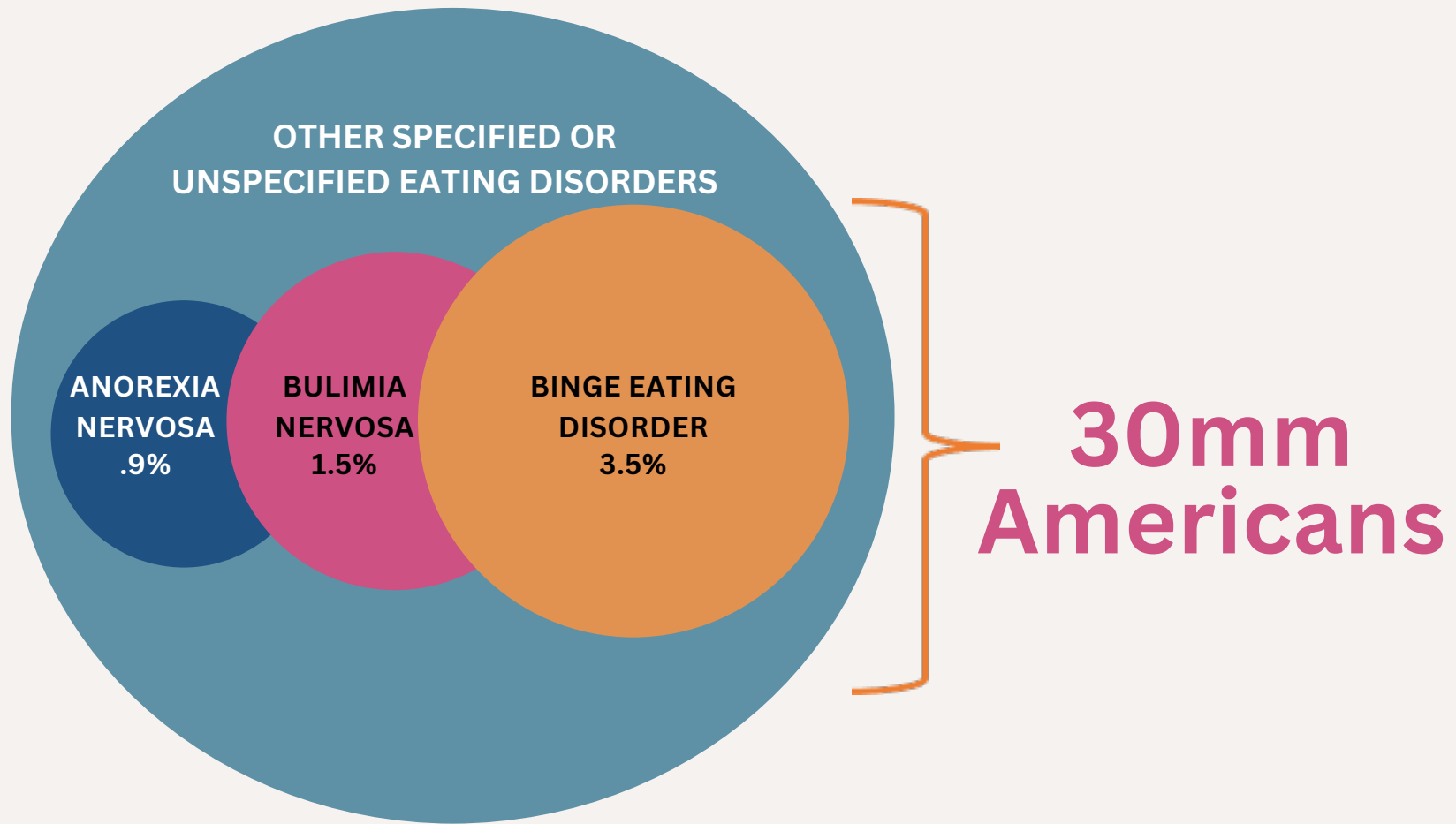
Agras, 2001, Psychiatr Clin North Am; de la Rie et al., 2005, Qual of Life Res; Hoek, 2016, Curr Opin Psychiatry; Kazdin, Fitzsimmons-Craft, & Wilfley, 2017, Int J Eat Disord; Klump et al., 2009, Int J Eat Disord



Feeding and Eating Disorders

DSM-5

-  Anorexia Nervosa
-  Bulimia Nervosa
-  Binge Eating Disorder
-  Avoidant/Restrictive Food Intake Disorder
-  Pica and Rumination Disorder
-  Other Specified Eating or Feeding Disorder
-  Unspecified Eating or Feeding Disorder



Behaviors are Reinforcing

And Quickly Become Habitual

Restriction → Numbs Feelings → Easier to Restrict

Eat → Fear Weight Gain → Vomiting/Laxatives/Restrict → Eat w/out Fear of Weight Gain

Feel Distress → Compulsion to Eat → Eat → Stress Relief

All behaviors can become compulsive, automatic, and easily activated.

Your Turn



When you hear **eating disorder**, what do you think of?

What questions do you have about eating disorders?

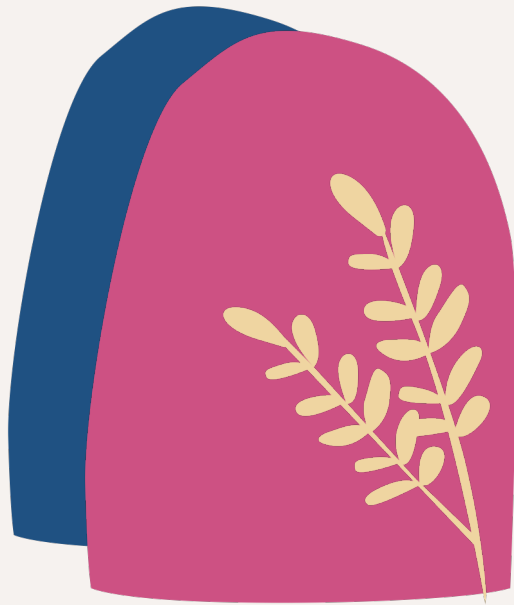
EDs Affect All Ages, Genders, Socioeconomic Status



Mythbusting

- Many people with EDs look healthy, yet may be extremely ill
- Families are not to blame and can be the patients' and providers' best allies in treatment
- An eating disorder diagnosis is a health crisis that disrupts personal and family functioning
- Eating disorders are not choices, but serious biologically influenced illnesses
- Eating disorders affect people of all genders, ages, races, ethnicities, body shapes, weights, sexual orientations, and socioeconomic statuses
- Eating disorders carry an increased risk for suicide and medical complications
- Genes and environment play important roles in the development of EDs
- Genes alone do not predict who will develop an ED
- Full recovery from an ED is possible. Early detection and intervention are important





Identifying EDs

The Warning Signs

Changes in Relationship to Food

Preoccupation with weight, food, dieting, labels, etc.

Restricting certain foods

Food rituals

Eating only in isolation

Skipping meals

Adopting diet fads

Social & Emotional Changes

Eats in isolation

Withdraws from friends and activities

Mood swings

Changes in Relationship to Body

Extreme concern with body size and shape

Frequent checking in mirror for perceived flaws in appearance



Physical Signs

- Weight fluctuation
- Cuts/calluses across top of finger joints
- Constantly feeling cold
- Dry skin, hair and brittle nails
- Dizziness
- Fainting
- Vague physical ailments
 - stomach cramps, menstruation irregularities, sleep problems, dental problems, lanugo

School Performance

- Decrease in school performance
- Increase in perfectionism
- Change in behaviors
 - irritable, withdrawn
- Increased anxiety, depression
- Increased absenteeism



Early Detection is Key

- Patients rarely present directly for EDs care
- Patients may be secretive or ashamed
- Assessments with school nurse or mental health provider
 - Leveraging existing relationship
 - Facilitation of referrals

Early diagnosis and treatment = better prognosis

Schools Play a Crucial Role in Identifying EDs

Eating Disorder	Girls Avg. Age of Onset*	Boys Avg. Age of Onset*
Anorexia	Between 10-14	Between 15-19
Bulimia	Between 15-19	Between 20-29
Other Eds	Between 15-19	Between 10-14

- *There are currently **627** cases of EDs reported in MO public schools.*
- *Based on known prevalence rates, the true number of EDs in MO teens is likely **35x higher**.*

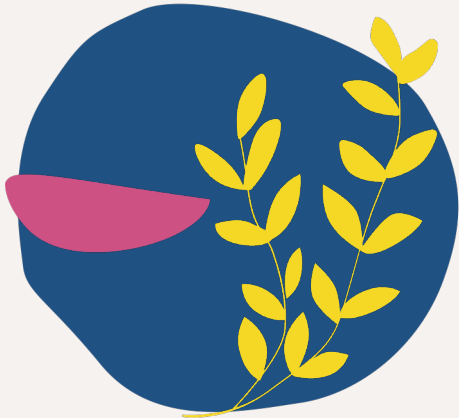


WHAT WOULD YOU DO...

If a student came to you with these warning signs?



What resources would you like to see for school nurses, teachers, and school staff?



We Recommend

- Reaching out to the student to express concern
- Contacting parents - ask whether the student has a change in mood, behavior, performance
- Suggesting a medical evaluation

Remember

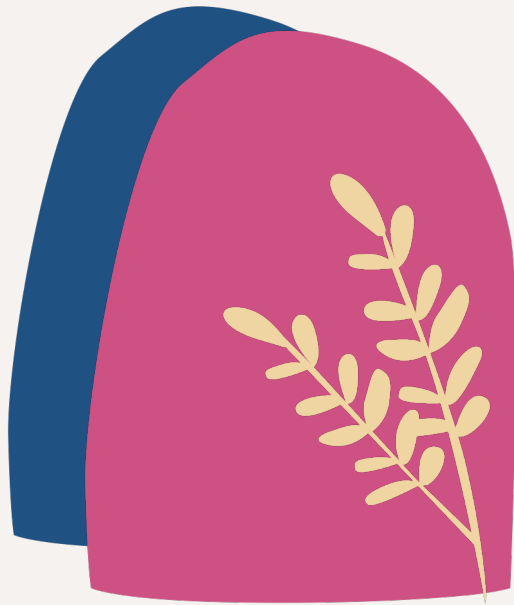
- Early intervention drives positive outcomes
- Eating disorders are highly treatable
- Eating disorders can become chronic quickly when ignored.



In partnership, have launched two significant programs aimed at raising awareness and improving access to treatment

BODY U





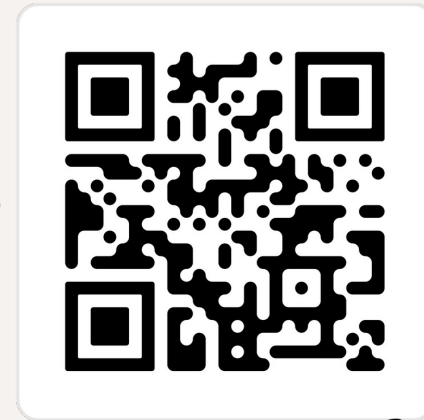
BODY U

**Proven, online program to improve
body image and disordered eating.**



BODY U

- Originally made available to college-age women
- Now available to all adults in MO 18+
- 13,000+ Missourians have been screened
- Number of students who have done the program
- Results: Significant decreases in restrictive eating and binge eating



SCAN ME



Body U is Evidence-Based

Of Users who completed 3+ symptom reports:



Greater reductions in eating disorder psychopathology



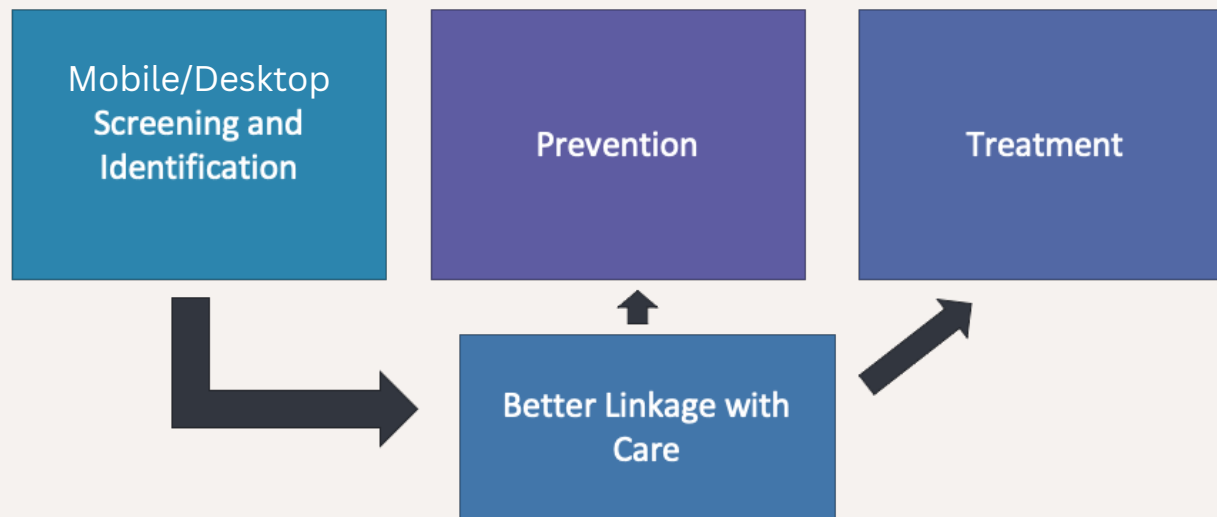
The more time spent in the program, the greater decrease in binge eating and restrictive eating.



More likely to receive treatment

Technology Allows Body U to **Connect**

*in a Way that is Familiar,
Non-Threatening and Highly Personal.*



Body U Testimonials

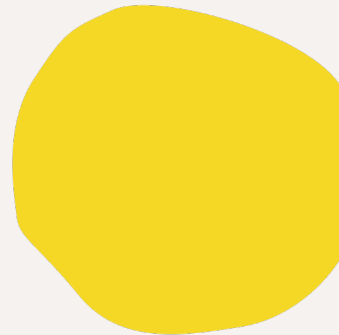
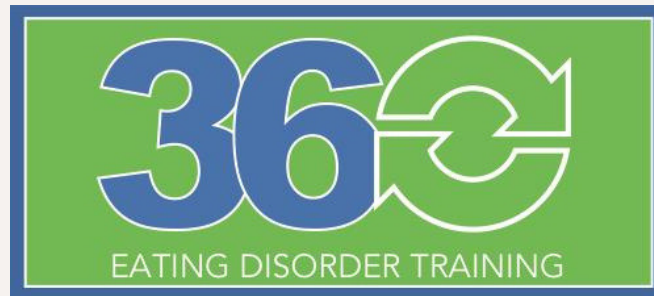
"I found the program to be helpful for me because it helped me notice what I was doing that I didn't previously notice before. I am now more conscious of my actions and I am grateful for the knowledge I have now."

"This was a life saver. [It] has helped me so much having a coach and all these resources. I didn't realize how dark of a place I had gotten to until I started making changes and my lifestyle improved. So thankful and recommending the program to others. Thank you."



Statewide Training of MO Healthcare Professionals

Over 500 professionals trained in evidence-based treatments. Trainings are available statewide with a focus on Community Mental Health Centers and rural healthcare providers. These resources are free to all healthcare professionals at www.moedc.org





An Eating Disorders Program For Today's Adolescents



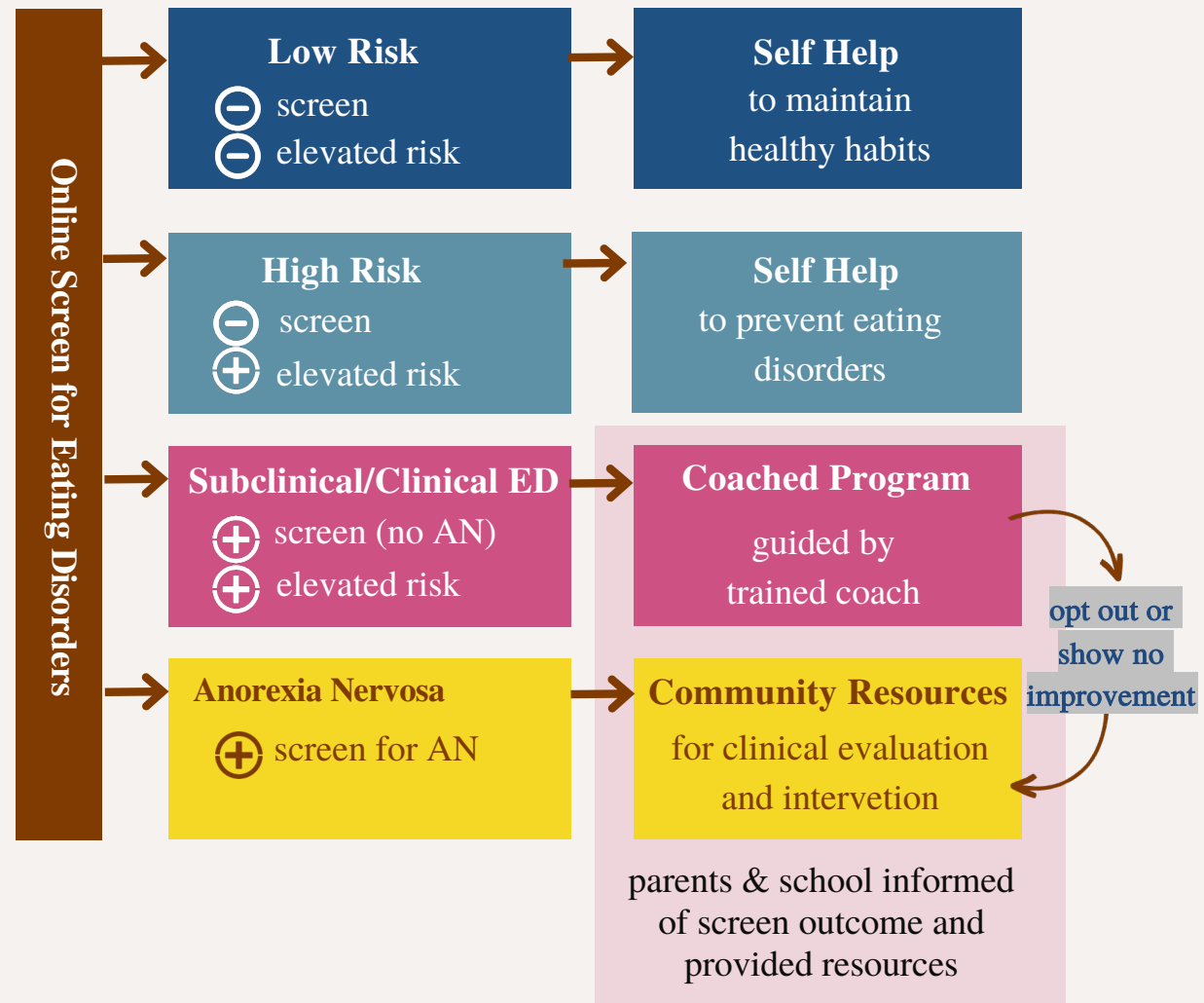
An evidence-based, proven online intervention and self-guided program.

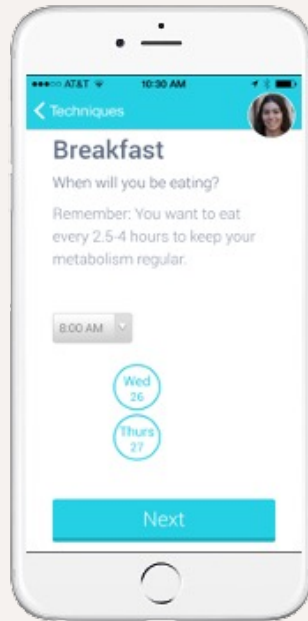
Made possible to MO high schools and middle schools through an HHS-OWH Grant.

Statewide Partners

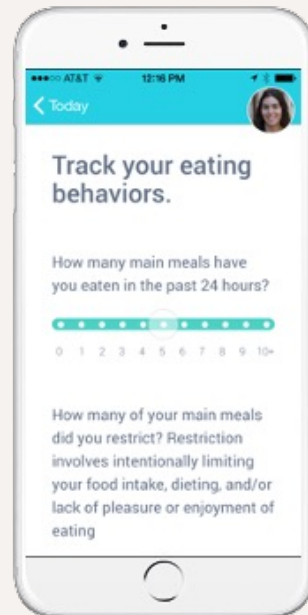


How Body U Teens Works

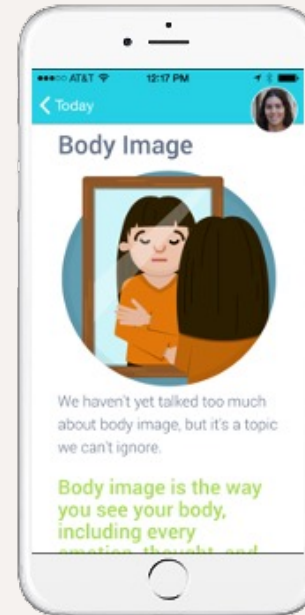




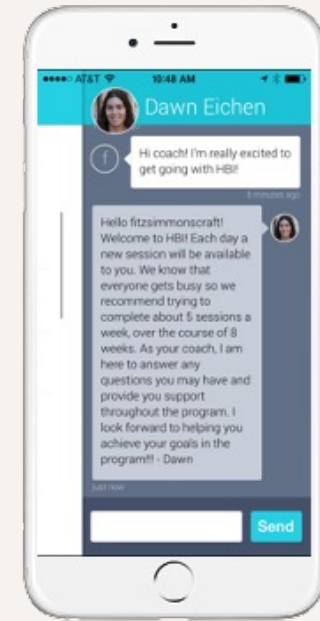
Meal planning & tracking tools



Self-monitoring logs








Psychoeducational content



Coach messaging

Body U Teens content adapted from Body U with young people's input to shorten content and make it relevant to a younger age group.

Additional Support for Participating Schools

-  A personalized implementation plan tailored to each school's needs and resources
-  Parent support groups
-  Research-backed training for school staff on how to identify ED, how to talk to students and parents about ED, and how to recommend Body U Teens to a student
-  Access to MOEDC training in evidence-based practices to treat ED
-  Yearly Report with program results

Year One

Pilot program with three school districts

Year Two

Apply key learnings from Pilot

Expand to three more school districts

Year Three

Apply key learnings

Expand to four more school districts

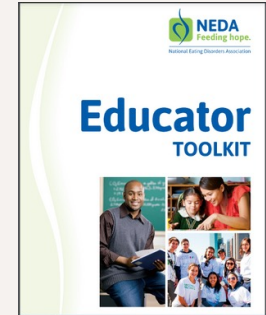
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10 Schools
Total in 2025

Resources for Schools

NEDA Educator Toolkit

<https://www.nationaleatingdisorders.org/sites/default/files/Toolkits/EducatorToolkit.pdf>



MO Eating Disorders Council

<https://www.moedc.org>

MO ECHO - Disordered Eating-Eating Disorder

<https://showmeecho.org/clinics/disordered-eating-eating-disorders/>



Missouri Eating Disorders Council

Missouri Disordered Eating/ Eating Disorders Echo

*INCREASE KNOWLEDGE, SKILLS AND CONFIDENCE IN PREVENTION, EARLY IDENTIFICATION
AND CARE OF ALL INDIVIDUALS WITH DISORDERED EATING/EATING DISORDERS*

Every 1ST & 3RD Tuesday from 12 – 1:00 pm

Frequent access to experts – ask questions, share experiences!

Develop advanced skills and improve practice through case-based learning

FREE continuing education contact hours for eligible professionals

Completely FREE to individuals and participating sites

VISIT SHOWMEECHO.ORG TO REGISTER NOW!



Interested in Body U Teens for Your School?

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