

The Tiger In the Jungle: Identifying Eating Disorders

vol. 13 Model Student—Disorder Modeled...or not part 3

April, 2010



Southwest Michigan Eating Disorders Association
(formerly the Kalamazoo Eating Disorders Professional Coalition)
<http://www.kalamazooeatingdisorders.org/>

Special points of interest:

- * Upcoming Activities
- * Additional Sources: websites, books, videos...
- * Where to Seek Help

Sources for information and help:

- * *Eating Disorders* by Jim Kirpatrick, MD and Paul Caldwell, MD CCFP@ ISBN: 1-55297-976-8
- * *Full Mouse, Empty Mouse* by Dina Zeckhausen, Ph.D. ISBN: 1-4338-0132-9
- * Dr. Reddy's page on eating disorders <http://www.drreddy.com/eatingdisorders/>
- * National Eating Disorders Association: www.nationaleatingdisorders.org
- * Something Fishy Website on Eating Disorders: www.somethingfishy.org
- * National Institute of Mental Health's website on Eating Disorders: <http://www.nimh.nih.gov/health/publications/eating-disorders/complete-index.shtml#pub7>

An April Fool?

Model Case #1:

The young girl refuses to eat because eating leads to stomach pains and nausea. She is missing out on school and losing weight.

Model Case #2:

The boy is on the wrestling team and is concerned that he will not make his desired weight class in time for the competition. Therefore he goes on an intense dietary change to lose the weight.

Model Case #3:

The young student has a habit of eating several helpings of junk food upon returning home from school. He is often unaware of how much he has eaten until it is time to hide the evidence before his parents arrive home.



Behind Every Bad Eating Choice Is Not Hiding An Eating Disorder:

Model Case #1:

The young girl may have a physical or physiological problem causing the stomach pains and nausea. If she is not concerned with losing weight, or does not have poor self-body image, she is missing a key component for an eating disorder.

Model Case #2:

While the student is likely harming his development by starving himself, if this behavior does not continue beyond the competition it does not qualify as a chronic condition.

Model Case #3:

If the student is not eating to compensate for emotional issues or deal with a sense of lack of control in his life, it is not likely

that he is a binger. A binger usually feels shame and guilt related to their lack of control. They hide the evidence to hide their shame and guilt more than to avoid getting into trouble.

Also this young man may be in the early stages of his growth spurt where he needs 3000-3500 calories per day to meet his growth needs. This level of "hunger" could be very normal.

If you suspect a student has an eating disorder, we encourage you to contact a professional. Early detection can limit the effect it has on the child's future.

Updates:

ED awareness is a year-around event. We have members working to help students and staff learn about good food and nutritional choices.

Currently we are working on

bringing in "Full Mouse, Empty Mouse" into the classrooms with read-alouds and discussions. If you are interested in having a member of the association come and read in your classroom and

lead the discussion on healthy nutritional choices, please let us know either through our website contacts or the newsletter distribution.