

Eating Disorder Overview

Sources of Information and Help

(Book links are to Amazon.com)

- [*Full Mouse, Empty Mouse* by Dina Zeckhausen, Ph.D.](#)
- [*When Food Is Love* by Geneen Ross](#)
- [*Intuitive Eating* by Evelyn Tribole and Elyse Resch](#)
- [*The Rules of "Normal Eating"* by Karen Koenig](#)
- [*The Body Betrayed* by Kathryn Zerbe](#)
- [*I'm Like So Fat! Helping Your Teen Make Healthy Choices About Eating and Exercise in a Weight Obsessed World* by Dianne Neumark-Sztainer](#)
- [*Parents Guide to Eating Disorders* by Marcia Herrin & Nancy Matsuoto](#)
- *The Body Project* by Joan Jacobs Brumberg (You can read about the book and the author on her [website](#).)
- [Analysis Paralysis](#) (A blog entry that looks at a practical approach to explaining the difference between a brain controlled by ED and a "normal" brain).
- [Planet Health](#) (A site offering lessons and activities to help students learn how to make healthy life choices.

Reviewing the Basics....

Current research shows that an eating disorder requires both a genetic and an **environmental component** to occur. However, the environmental component can be *anything* that provides a sense of loss of control (e.g. stress to succeed, stress to fit in, bullying by peers or adults, dealing with a loss, etc.)

For our 25th volume, we are going back to the basics. By providing you with some of the **NEDA** (National Eating Disorders Association) definitions, and hyperlinks to past newsletters that cover that topic, we hope you will feel more comfortable with identifying and dealing with these disorders in your school.

Anorexia Nervosa: A disorder in which an individual refuses to maintain minimally normal body weight, intensely fears gaining weight, and exhibits a significant disturbance in his/her perception of the shape or size of his/her body.

Binge Eating (Bingeing): Consuming an amount of food that is considered much larger than the amount that most individuals would eat under similar circumstances within a discrete period of time.

Body Mass Index (BMI): A formula used to calculate the

ratio of a person's weight to height. BMI is expressed as a number that is used to determine whether an individual's weight is within normal ranges for age and sex on a standard BMI chart.

Bulimia Nervosa A disorder defined in DSM-IV-R in which a patient binges on food an average of twice weekly in a three-month period, followed by compensatory behavior aimed at preventing weight gain. This behavior may include excessive exercise, vomiting, or the misuse of laxatives, diuretics, enemas, or other medications

For more definitions and explanations, you can go to NEDA's [glossary](#) or SMEDA's [newsletter archives](#). Our archived newsletters contain links to other reputable sites. There are many sites on-line that promote eating disorders as a life-style choice and educate others on how to forgo eating, lose weight faster, and lie to friends and family as part of hiding their "choice." Keep in mind that once the eating disorder takes hold, individuals begin to lose their ability to make food-related choices. Consequently, the negative responses to food related activities may not be a choice. Please seek out professional assistance as soon as possible.



"Full Mouse, Empty Mouse: A Tale of Food and Feelings"

Through our grant-funded educational program, SMEDA members are available to read the story *"Full Mouse Empty Mouse: A Tale of Food and Feelings"* by Dina Zeckhausen to third-grade classrooms.

During the 2010-2011 academic year, our members gave many read-alouds with discussions in 3rd grade classrooms, including the entire Mattawan 3rd grade. Thanks to the cooperation of the physical education teachers, we were able to incorporate the read-aloud and discussion into their efforts to promote healthy life-style choices.

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