



FOR CAREGIVERS

# Disordered Eating

## Why do people get eating disorders?

Eating disorders are biologically brain-based illnesses influenced by environmental and psychological factors.

## Weight & weight stigma

There is a relationship between weight and health that is different for each person. Weight loss in youth can increase the risk for developing an eating disorder. There are no safe diets for kids! Dieting is the #1 predictor of new eating disorders in kids.

### Did you know?

It is normal for girls to gain 30 pounds or more during adolescence. This can happen slowly or fast depending on growth patterns.



## Ditch the diet culture dialogue in front of your kids.



“I’m so bad for eating this.”  
“Ugh. I feel so gross. I need to lose weight.”  
“I’ll burn this off later.”  
“I can’t eat that. I’m trying to be good.”



“Let’s enjoy this food together.”  
“I’m thankful for this body that can hold you.”  
“Mama is learning to take care of my body.”  
“Our bodies are good. Let’s practice being kind to them.”

## The Emily Program nutrition philosophy:

- **Take a neutral approach to food.** There’s no such thing as a good or bad food.
- **Talk less, do more.** Talk less about food and weight. Avoid making ANY comments about a child’s eating habits, weight or physical appearance.

## Worried about someone?



### 1. Start the conversation with non-judgement.

“I’ve seen a change in your behavior during mealtimes. I’m concerned that eating and food is becoming challenging for you.”

“Your mood seems to be changing these days, and I’m concerned about you.”



### 2. Ask questions. Then ask again.

These 6 questions can help assess the situation:

- Do you feel like you sometimes lose or have lost control over how you eat?
- Do you ever make yourself sick because you feel uncomfortably full?
- Do you believe yourself to be fat, even when others say you are too thin?
- Does food or thoughts about food dominate your life?
- Do thoughts about your body or weight dominate your life?
- Have others become worried about your weight and/or eating?



**3. Give feedback.** Two or more “yes” answers to the above questions strongly indicate the presence of disordered eating. Often individuals with eating disorders can be challenged to answer honestly; they thrive in secrecy and isolation. Continue providing support.

## How to refer:

**Providers, family, or patients can start the process.**

- Call: 888.364.5977
- Fill out a form: <https://www.emilyprogram.com/your-recovery/take-the-quiz/>
- No referral needed; you can get help anytime.



# FOR YOUTH Disordered Eating

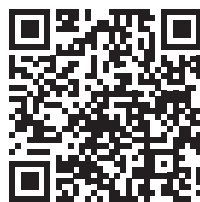
## What is an eating disorder?

Eating disorders can be influenced by weight or appearance pressures and media messages, biological factors like your genetics or puberty, and psychological factors or past experiences that may have created trauma, anxiety/depression or other stressors.



## Concerned that you or a loved one might have an eating disorder?

**Take the Quiz:** It's easy to feel overwhelmed when you don't know what's going on. You're not alone. Take the first step and complete the Eating Disorder Assessment Quiz. Two or more "yes" answers strongly suggest that you may be experiencing disordered eating. Please give us a call at 1-888-364-5977 or [connect online](#) to discuss your results.



## Ohio AAP PMP Mobile App

Search Parenting at Meal and Playtime on Apple Store or Google Play



## App Highlights...

- Physician-endorsed materials for parents to access on-demand
- Resources for parents organized by age
- Text reminders sent monthly and/or for age milestones
- Easy sign-up
- Videos on feeding, play, nutrition and more



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