

health  chats

EATING DISORDERS





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Today's Topics

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Eating Disorders 101

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Q&A

What are eating disorders (ED)?

- 9% of population estimated to develop an ED during lifetime
- Mental health conditions characterized by unhealthy behaviors & emotions related to eating
- Wide range of behaviors
 - Restricting food
 - Binge eating
 - Purging
 - Overexercising
- Negative relationship with food and body image falls on a spectrum





Major Types of Feeding & Eating Disorders

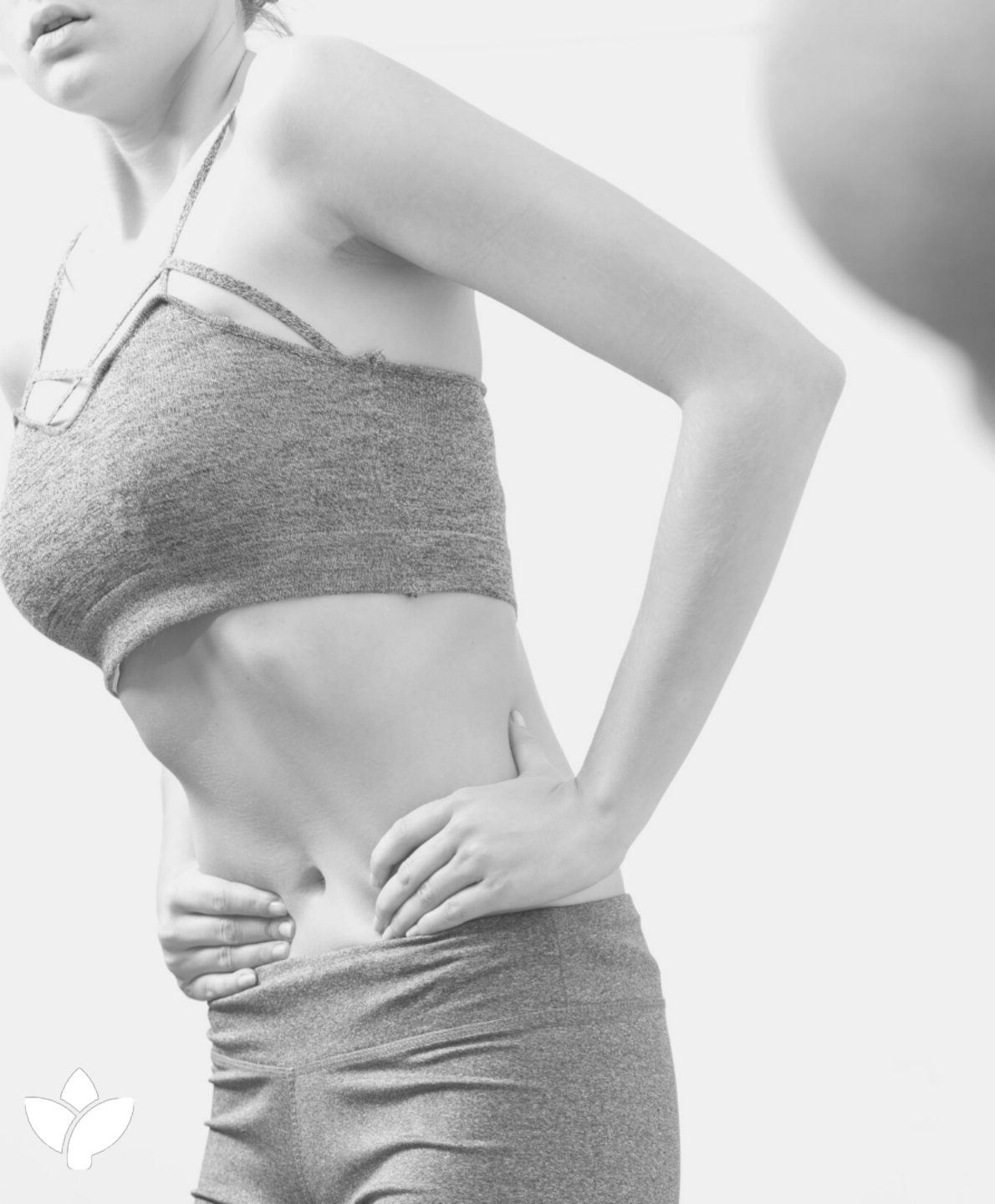
- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder
- Other Specified or Unspecified Feeding or Eating Disorder
- Pica, Rumination Disorder, Avoidant/Restrictive Food Intake Disorder (ARFID)



Orthorexia Nervosa

- Not formally in DSM but diagnostic criteria has been proposed
- Obsession with “healthy” eating
- Violation of dietary rules causes significant distress
- Behaviors and mental preoccupation negatively affect psychosocial and physical health
- Weight is not necessarily the primary focus





Dangerous Consequences

- Poor mental health (increased risk of suicide)
- Life-threatening electrolyte imbalances
- Heart & kidney failure
- Gastrointestinal dysfunction
- Osteoporosis
- Dental issues
- Amenorrhea & infertility



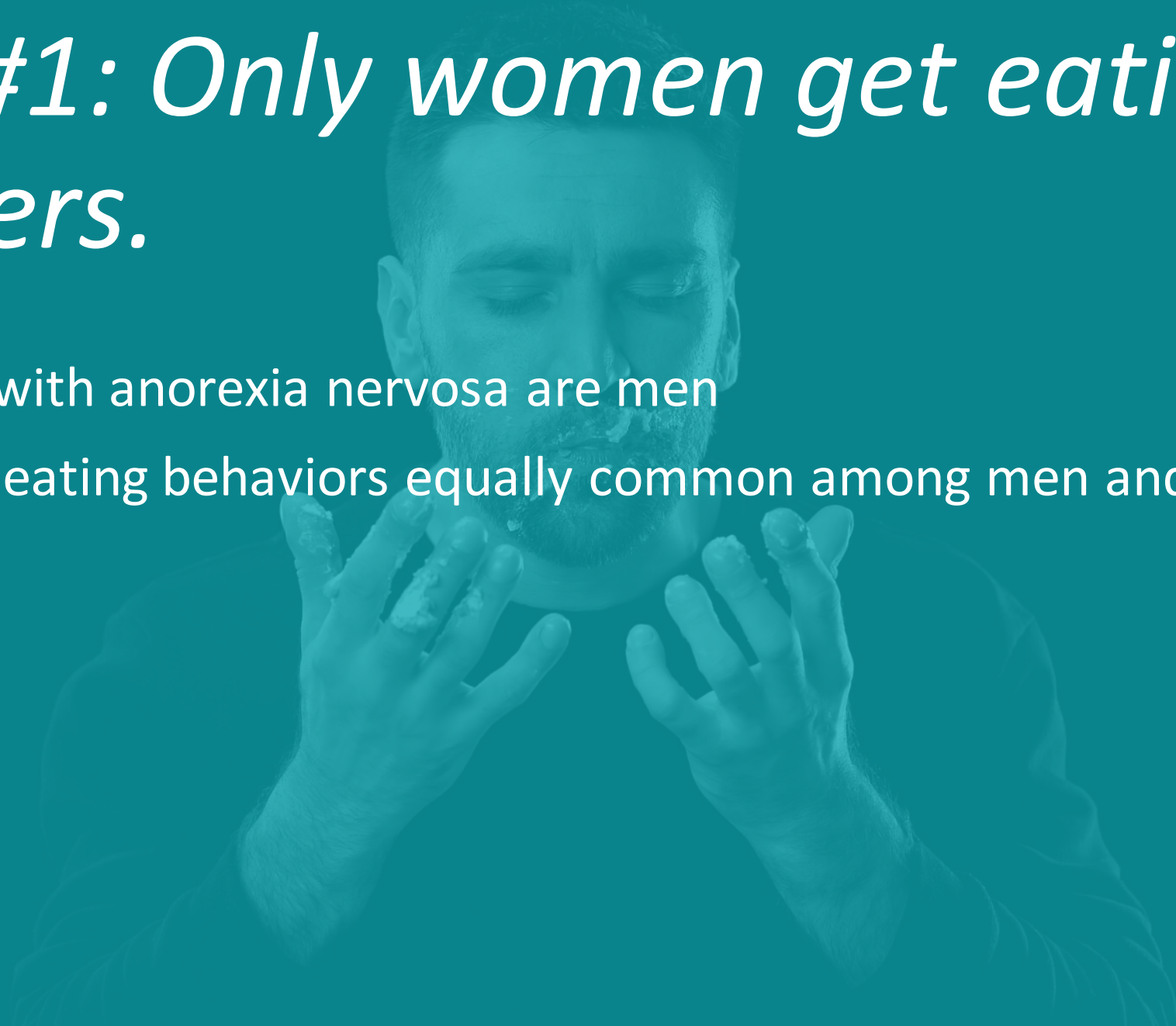
Risk Factors

- Adolescents
- History of dieting
- Family history of eating disorders
- Cultural pressures, negative body image
- Major life changes & stressors
- Mental health conditions
- Certain occupations and hobbies



Myth #1: Only women get eating disorders.

- 1:4 people with anorexia nervosa are men
- Disordered eating behaviors equally common among men and women





Myth #2: Eating disorders are just a phase.

- Not a short-term lifestyle choice
- Serious, debilitating conditions that impact quality of life
- Recovery is often challenging and can take years

A photograph of a woman with curly hair sitting at a table, eating a muffin. She is wearing a light-colored cardigan over a white shirt. To her right, a man with glasses is sitting, looking at a notepad and pen. The scene is set in a casual dining environment with a white brick wall in the background. The entire image is overlaid with a semi-transparent teal filter.

Myth #3: All people with eating disorders are thin

- Being underweight is a symptom of anorexia nervosa but not necessarily other eating disorders
- Overweight people are less likely to get diagnosed

UnitedAg Resources



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877.877.7981



Questions?

