

Chapter 11 Lesson 2: Body Image and Eating Disorders

Introduction

Eating disorders are very common in America. Millions of people suffer from them, mostly teen girls and young women. On the Web site below you will learn about the three most common eating disorders, the risks associated with them, and how they can be treated.

Links to Explore: Eating Disorders

<http://mentalhealth.samhsa.gov/publications/allpubs/ken98-0047/default.asp>

Directions:

- Click on the link and read the fact sheet on eating disorders.
 - Then answer the following questions:
1. What group of people is most commonly affected by eating disorders?
 2. What is the main difference between anorexia and bulimia?
 3. Which eating disorder is most common among men and boys?
 4. List two of the symptoms required for a diagnosis of anorexia nervosa.
 5. What type of treatment is useful for those recovering from any eating disorder?

Answers:

1. Females between the ages of 12 and 25
2. People with anorexia severely limit their food intake, while people with bulimia eat large amounts of food and then purge by forcing themselves to vomit or by using laxatives or diuretics.
3. Binge-eating disorder
4. Any two of the following:
 - Weighing at least 15 percent below what is considered normal for others of the same height and age
 - Misses at least three consecutive menstrual cycles (for females of childbearing age)
 - Intense fear of gaining weight
 - Refusal to maintain the minimal normal body weight
 - Being dangerously thin, yet still thinking of self as overweight
5. Psychotherapy

Additional Links to Explore:

Use the links below to gather additional information on the activity topic. When appropriate, have students extend their research to include important concepts contained in these Web sites.

Eating Disorders: Facts About Eating Disorders And The Search For Solutions

<http://www.nimh.nih.gov/publicat/eatingdisorders.cfm>

National Eating Disorders Association

http://www.nationaleatingdisorders.org/p.asp?WebPage_ID=337

The Center for Eating Disorders

<https://www.sjmcmd.org/eatingdisorders/>

ANRED: Anorexia Nervosa and Related Eating Disorders

<http://www.anred.com>