

# EATING DISORDERS

## recognition and prevention

### What are eating disorders?

Eating disorders are serious illnesses that disturb the way people deal with food and their relationship with their own bodies.



- Anorexia involves severe weight loss, fear of gaining weight, and strict control of food intake.
- Bulimia involves binge eating and compensatory behaviors like excessive exercise, fasting, or self-induced vomiting.
- Binge Eating Disorder involves eating large amounts of food, feeling a loss of control, and experiencing negative emotions afterward.
- Mixed forms of eating disorders can occur when symptoms don't fit the criteria for a specific diagnosis.
- Obesity is a medical condition associated with high body weight and can lead to various health problems.

### Diagnosis and treatment

Seeking medical and psychotherapeutic help is important for diagnosis and treatment.

Prevention of eating disorders can involve building self-esteem, healthy eating habits, and positive family relationships.

#### Role of parents in prevention

- Being good role models
- Strengthening self-esteem through praise and affection
- Having conversations and showing closeness
- Supporting self-determined eating habits
- Cooking and eating together often
- Avoiding ready meals and fast food
- Not using food for comfort or rewards
- Preventing exposure to harmful online content

#### And also...

Focus on identity development and self-confidence

Importance of healthy eating habits

Caloric intake should not fall below the basal metabolic rate to prevent pathological eating behaviors.



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