



S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES...WORDS OF WHIZ-DOM

Brought to you by Health AWAREness, Center for Health and Well-Being

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Eating Disorders

Eating disorder symptoms typically develop in response to life stressors or traumatic events, serving as strategies for coping with overwhelming emotions or circumstances. Therefore, it is not surprising that these symptoms often develop during college. Adjusting to life away from home can be difficult and confusing, but you are not alone. Read on for more information on eating disorders.

What is an eating disorder?

A range of psychological disorders characterized by abnormal or disturbed eating behaviors or thoughts about food.

What are the most common disorders?

- Anorexia Nervosa
- Bulimia Nervosa
- Binge-Eating Disorder

Want to learn more about these illnesses?
Visit www.iup.edu/healthawareness

Are you at risk for disordered eating?

Take the self assessment below. This is not meant as a diagnosis, but is meant to help you take a critical look at your eating behaviors.

- Are you constantly thinking about what and when you're going to eat?
- Do you starve yourself or exercise excessively, with the intent of burning off foods you ate or controlling weight?
- Do you vomit or use laxatives to control your weight?
- Do you feel guilty after eating?
- Do you feel anxious when you have to eat around other people?
- Do you ever start eating and feel like you can't stop?

Anonymous eating disorder screening available at www.iup.edu/counselingcenter
Click on: "Online Mental Health Screenings"

Campus Eating Disorder Resources

The Counseling Center

Suites on Maple-East, G31 • 724-357-2621

The Nutrition Connection

Suites on Maple-East, G58 • 724-357-4797

Visit www.iup.edu/chwb for more info.

Want to learn more about Eating Disorders?

Attend these events on Wednesday, Feb. 26th

- Eating Disorder AWAREness Table in Stapleton Library from 12pm-3pm
- Eating Disorder 101 Program, Northern Suites, 7pm *Attendance vouchers available

Eating Disorders vs. Disordered Eating

Disordered eating can include behaviors which reflect many but not all of the symptoms of eating disorders. Just because a person may not fit into the clear-cut outlines of a specific eating disorder does not mean their eating habits are not destructive and it does not mean they don't need help. Disordered eating and dieting behavior are the most common indicators of the development of an eating disorder.

Body Image and the Media

Research is increasingly clear that exposure to and pressure exerted by media increases body dissatisfaction and disordered eating.

- Media depicts females much thinner and males much more muscular and toned than what is true for the general population.
- 80% of women say that the images of women on TV and in movies, fashion magazines, and advertising makes them feel insecure.

Eating Disorders in the LGBTQ Community

Individuals identifying as LGBTQ may be at an increased risk of developing eating disorders due to unique stressors such as:

- Coming out (fear of rejection)
- Discrimination
- Being bullied
- Experiences of violence
- Discordance between one's biological sex and gender identity
- Homelessness/unsafe home environment
- Body image ideals within some LGBT cultural contexts

If you believe someone you know has an eating disorder or exhibits disordered eating patterns express your concerns to them in a caring manner.

Gently and firmly encourage that person

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Sources: National Eating Disorder Association

