

A Resident Advisor's Guide

to Helping Students who may be struggling with

Eating Disorders

Approaching a Resident

DO

- Keep your eyes out for excessive exercise (2 or more times daily or for 2 hours or more)
- Refer to one of the professionals listed above (in a private setting)
- Express your concerns by "starting the conversation" (see below) and bringing up difficult topics such as this on a one-on-one basis
- Ask the resident questions about their life in order to open up conversation
- Research eating disorders and spend time educating yourself about the risks and consequences
- Suggest books, websites, or other resources in a gentle way
- Ask what they need from you
- Let them know you care
- Focus on their feelings
- Consider calling and consulting with staff in the Counseling Center about your concerns
- Talk with your hall director about best options for responding

DON'T

- Make comments about why they are not eating
- Make comments concerning their weight
- Bring the issue up in front of others or in a group setting
- Give any advice about how much they should eat, what they should weigh, etc. - You're not the professional!
- Assume only women are affected
- Assume that just because people are at a healthy weight means they don't struggle
- Overwhelm them with questions
- Try to specifically diagnose or label the individual
- Place blame or guilt on them in any way
- Allow yourself to become frustrated if the person denies that he or she have a problem or are not ready to change
- Argue with them about whether or not they have a problem

W...f } O'Pk m } About Disordered Eating

M: You have to be underweight to have a disorder

F: "Many individuals with severe disorders including Bulimia and Binge Eating Disorder can be underweight, normal weight, overweight or obese and often fluctuate in weight. Even athletes who appear to be incredibly fit might be struggling with an eating disorder. You cannot define someone's health by how much they weigh and you cannot determine whether they have an eating disorder just by looking at them." (The Centre for Eating Disorders, Baltimore Maryland)

M: Only females deal with these illnesses

F: 1 out of every 10 people with an eating disorder are male. (The Centre for Eating Disorders, Baltimore Maryland)

M: People with eating disorders are vain or full of themselves and choose to have the disorder.

F: "People do not choose to have eating disorders. They develop over time and require appropriate treatment to address the complex medical/psychiatric symptoms and underlying issues." (The Alliance for Eating Disorder Awareness)

M: Eating disorders aren't that dangerous

F: Eating disorders have the highest mortality rate for all mental illnesses- a rate that is almost 12 times higher for those with an eating disorders compared to those without one. These disorders are also the third most common chronic illness among adolescents. Anywhere from 5-20% of people with these disorders die from them (National Association of Anorexia Nervosa and Associated Disorders).

M: Only white/middle class people have these diseases

F: The prevalence of eating disorders among Hispanics, African-Americans, Asian-Americans, and Caucasians is similar in the US. The only exception is an increase in Anorexia Nervosa, specifically, in Caucasians. (National Eating Disorder Association)

M: You can only have one type of eating disorder

F: Many who suffer from these diseases have more than one disorder or a joint disorder such as Anorexia, Binge-Purge Type.

M: You can never work out too much

F: Excessive exercise can be very unhealthy causing problems such as dehydration, fatigue, injuries such as shin splints, cartilage damage and stress fractures, Osteoporosis, Amenorrhea, heart problems and Arthritis.

Resources

**BGSU Counseling
Center**

419-372-2081

River Centre Clinic

419-885-8800

river-centre.org

Behavioral Connections

419-352-5387

Counselors in Bowling Green

Maggie A. Allard

419-777-3058

Mighty Oak Christian

Counseling

419-299-4960

Allies in Mental Health

419-354-2464

Psychological Resources

419-475-2535

Helplines

**National Eating Disorder
Association**

1-800-931-2237

National Eating Disorder

Information Centre

1-866-633-4220

The Link Crisis Hotline

419-352-1545

Websites

www.proud2bme.org

www.nationaleatingdisorders.org

www.eatingdisordersanonymous.org

www.namiwoodcounty.org

Books to Recommend

Don't Diet, Live It Workbook

Intuitive Eating

Life Without ED

Made to Crave

The Gifts of Imperfection

Goodbye ED, Hello Me

The Beauty Myth

FED UP: College Students and

Eating Problems

BGSU's "START THE CONVERSATION" Initiative

This initiative is all about creating a "community of care" and reaching out to fellow falcons who we see struggling. The four main steps are to:

- **Recognize Distress**
- **Start the Conversation**
- **Understand concern**
- **Provide Support**

To see these steps explained in more detail, follow the link below.

CLICK HERE

Contact the BGSU counseling center for a listing of upcoming training sessions.

The Facts About
EATING DISORDERS

In the **UNITED STATES**

- Eating disorders are more common than Alzheimer's disease.
- As many as 10 million women and one million men have an eating disorder such as anorexia or bulimia.

WOMEN=  MEN= 

Eating disorders are the deadliest **MENTAL ILLNESSES** 

TOP THREE Chronic Illnesses in Adolescent Girls:

1 ASTHMA 2 OBESITY 3 ANOREXIA

20% of young women who have developed an eating disorder do so between the ages of 12 and 25.

Hospitalizations for eating disorders in children less than 12 years of age increased by 119% from 1999 to 2006

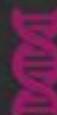
ONE-HALF of 4th grade girls are on a diet.

WARNING SIGNS OF ANOREXIA NERVOSA

- Excessive, rigid exercise regimen
- Dramatic weight loss
- Withdrawal from usual friends and activities
- Consistent excuses to avoid mealtimes
- Frequent comments about feeling "fat"

Four out of 10 Americans either have suffered or have known someone who has suffered from an eating disorder.

The risk of developing an eating disorder is:

40-50% genetic  50-60% is psychosocial 

HOW TO GET HELP

FOR YOURSELF:

- Tell someone you trust
- Call a support group or chat with us online confidentially

FOR A FRIEND OR LOVED ONE:

- Communicate your concerns in a non-confrontational way
- Provide support until they are ready to seek professional help

 **THE MOORE CENTER**
Training and Early Warning Center

www.MooreCenterClinic.com

Bulletin Board Ideas Resident Advisors can create to Raise Awareness

Reasons why BMI calculations are incorrect

Use inspiring Pinterest pictures, quotes that incorporate healthy living and body acceptance

Reasons why residents love their bodies (Use quotes from residents or take pictures of them holding a sign with their reason)

Information about proper nutrition or myths and facts surrounding nutrition

Post warning signs listed below and include resources such as web pages and hotlines

Post a list of books that promote positive body image along with chart and graphs related to eating disorders

Warning Signs

- Avoiding social situations where food is present
- Withdrawal from usual friends/activities
- Weight loss or weight gain
- Preoccupation with food
- Excessive and rigid exercise routine despite being sick, tired, injured
- Refusal to eat certain foods or food groups (i.e. No carbs allowed)
- Denial of hunger
- Use of laxatives, water pills or diet pills
- Always wearing baggy clothing
- Thin or brittle hair
- Cutting food into tiny pieces
- Hiding food or wrappers
- Trips to the bathroom after meals
- Loss of tooth enamel
- Eating much more in a meal or snack than is considered normal
- Hoarding food
- Bruised knuckles

*These signs **MIGHT** be indicative of body image concerns or an eating disorder

Assessment tests to determine if someone has a disorder

(All can be done online at no cost)

Eating Attitudes Test

Eating Disorder Quality of Life Scale

Eating Disorders and Emotional Eating Test

Click title to watch video

- [Eye Opening Statistics About Body Image](#)
- [Eating Disorders on Campus: Emma Williams Tells Her Story](#)
- [From Diet to Disorder - How a Diet can Progress to an Eating Disorder](#)
- [EDNOS: Most Dangerous, Unheard of Eating](#)

Ways to advocate for those who struggle

Educate yourself
(neda.org)

Host a Proud2Bme event
(proud2bme.org)

Start an EDA (Eating Disorders Anonymous) group on campus
(eatingdisordersanonymous.org)

Sources

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