



- I know you say that I shouldn't be concerned and that I should mind my own business. But I am concerned and that is my business. In fact, to help me deal with that concern I'm consulting with a doctor or a counselor.

Concern isn't expressed only in direct verbal statements. A hug, a loving teasing, a hand on the shoulder – such spontaneous gestures are powerfully healing.

People who have recovered from disordered eating or an eating disorder say that it was important that friends and family members kept trying to reach them. They kept giving the same messages over and over because one day they could hear and act on what they could not hear or act on before. They needed to keep hearing voices of love and respect, even when those voices seemed to have no effect. Hearing such voices over and over was part of the process by which they came to gain a more compassionate and generous self-respect.



Are Eating Disorders Only a Problem for Women?

NO! While most people diagnosed with anorexia and bulimia are females, 5-10% are male. Young women are at greatest risk for developing anorexia and bulimia during the teenage years and early twenties. Children as young as seven or eight can have disordered eating.

Where Can I Obtain Further Information on Eating Disorders and Disordered Eating?

In South Dakota:

Lutheran Social Services
1010 Soo San Drive
Rapid City, SD 57701
(605) 348-0477
Avera Queen of Peace
525 N Foster
Mitchell, SD 57301
(605) 995-2525

Chrysalis
3601 Canyon Lake
Rapid City, SD 57702
(605) 341-8647
University Physicians
Psychiatry Associates
1000 East 21st Street
Sioux Falls, SD 57105
(605) 322-5700

Sioux Valley Hospital
Behavioral Health
2812 South Louise Ave
Sioux Falls, SD 57106
(605) 357-4777

Avera McKennan
Hospital
Behavioral Health
800 East 21st Street
Sioux Falls, SD 57117
1-800-691-4336

Prairie Lakes Hospital
400 10th Ave NW
Watertown, SD 57201
(605) 882-7874

Other Resources

The American Anorexia/Bulimia Association, Inc.
165 West 46th Street #1108
New York, NY 10036
1-800-931-2237
<http://members.aol.com/amanbu/client.html>
Girl Power
US Department of Health & Human Services
1-800-729-6686
<http://www.health.org/gpower/girlarea/bodywise>
Anorexia Nervosa and Related Eating Disorders, Inc.
PO Box 5102
Eugene, OR 97405
<http://www.anred.com>

Eating Disorders Awareness and Prevention, Inc.
603 Stewart St., Suite 803
Seattle, WA 98101
<http://www.members.aol.com/edapinc/home.htm>

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**Disordered
Eating**

and

**Eating
Disorders**

South Dakota
Department of Health





What is Disordered Eating?

Disordered eating is a pattern of eating that can lead to an eating disorder such as Anorexia, Bulimia, or Binge Eating. The 1997 South Dakota Youth Risk Behavior Survey reports that 30% of those high school students surveyed have dieted to lose weight or to keep from gaining weight during the past 30 days. Nearly 6% report they have either vomited, or took laxatives to lose weight or keep from gaining weight and 7% took diet pills. Contrary to popular belief, eating disorders are not just about weight, food, or even being thin or fat. They are usually about self-esteem, self-expression, depression, power and communication.



What is Anorexia?

Anorexia is a disorder in which there is an obsession with dieting and thinness that leads to an extreme weight loss. The person may not know that weight loss or restricted eating is a problem. Anorexia danger signals are:

- Losing a great amount of weight
- Continuing to diet
- Feeling fat, even after losing weight
- Fearing weight gain
- Losing monthly menstrual periods
- Obsessing about food, calories, nutrition and/or cooking
- Preferring to eat alone
- Exercising compulsively

What is Bulimia?

Bulimia involves frequent episodes of binge eating, almost always followed by purging and intense feelings of guilt or shame. The person feels out of control and recognizes that their actions are not normal. Bulimia danger signs are:

- Bingeing or eating uncontrollably
- Purging by strict dieting, fasting, vigorous exercise, vomiting or abusing laxatives or diuretics in an attempt to lose weight
- Using the bathroom often after meals
- Showing over concern with body weight
- Showing depression or mood swings
- Having irregular menstrual periods
- Developing dental problems, swollen cheeks/glands, heartburn and/or bloating
- Experiencing personal or family problems with drugs and/or alcohol



What is Binge Eating?

Binge Eating or Compulsive Overeating means eating a large amount of food in a short period of time. Binge eaters do not regularly vomit, over exercise, or abuse laxatives after eating. Binge Eating danger signs are:

- Eating large amounts of food, even when not hungry
- Eating faster than normal
- Eating alone or in secret
- Eating until uncomfortably full

What Should I do if I Suspect that I Might have an Eating Disorder or Suspect that a Friend has One?

If you or someone you know has an eating disorder, or even disordered eating, help is available. A person with an eating disorder needs to be under medical care. It's simply a matter of safety. Eating disorders and disordered eating are complex problems that are best treated by a team of health care providers, such as doctors, counselors and nutritionists. If you are concerned for yourself or a friend, contact a school counselor, nurse or family doctor. Expressing concern for a friend should be made using "I" statements rather than "You" statements. Examples of "You" statements:

- You're too thin
- You need help
- You aren't eating enough

Examples of "You" statements disguised as "I" statements:

- I think you are out of control
- I think you are just trying to get attention

Examples of "I" statements to use:

- I've heard you throwing up in the bathroom. I'm concerned. Let's get some help.
- I'm afraid for our friendship because it feels like there is so much we aren't being honest about anymore.

