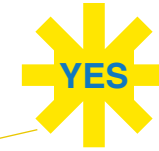




I need more information.

Are you concerned your child or teen is experiencing disordered eating or an eating disorder?
(See side back of this sheet for symptoms.)



I need support.

Disordered Eating vs. Eating Disorders: How do I know?

Eating disorders are complex illnesses that manifest as a pattern of distorted and obsessive thoughts, behaviors, and feelings around food, weight, and body that are disruptive to mental and physical health. While there are common signs and symptoms for all, each disorder has its own diagnostic criteria. (Source: National Eating Disorder Association)

Disordered eating is a spectrum of unhealthy eating behaviors and distorted attitudes regarding food, weight, shape, and appearance as detailed in the list below.

Disordered eating and eating disorders share common signs and symptoms, but only a certified clinician or health provider can help accurately decide which it is.

Behavioral Health Navigators:

Kathy Walz, LMSW, CPC
Anna Webber, LMSW

BHNavigator@trinity-health.org

734-904-6937

Our navigators help you locate the resources and support you need.

National Eating Disorders Association (NEDA)
Crisis Lines: Dial (800) 931-2237 or text 741741 to instantly connect with a trained crisis counselor.

SAMHSA behavioral health treatment locator
findtreatment.gov/locator
Filters results by zip code, types of treatment, and providers.

Are Substance Use Disorders and Eating Disorders related? The simple answer is yes. Up to 50% of individuals with Eating Disorders abuse substances. Misuse of substances can be means to lose weight, including but not limited to cocaine, laxatives, alcohol, etc.

Kristen Chandler, Project Success Counselor
for Beach Middle School and Chelsea High School
kristen.chandler@trinity-health.org

If you're not sure where to start, you can schedule an appointment with your pediatrician!

Healthy Relationship with Food:

- Eats when hungry (regular hunger cues)
- Stops eating when full
- Accepting attitude toward body image
- Eats food in moderation to fuel body
- Able to enjoy social gatherings with food present
- Food doesn't control or influence emotions
- Exercise for health not solely to lose weight
- Flexibility and variety in food patterns and choices

VS.

Disordered Relationship with Food:

- Frequently using food to cope with emotions
- Anxiety about eating and preoccupation with food
- Rigidity and restriction regarding food choices and quantity
- No hunger cues/fullness cues
- Guilt, shame, fear, regret with food choices
- Trying to compensate for eating with excessive exercise, substances, or misuse of medications
- Feeling of loss of control around food

See other side of page for more details on symptoms of eating disorders.

Need local crisis support?

Call Washtenaw County CARES Crisis Team
at 734-544-3050 (24/7 support; can provide over-the-phone consultations for next steps or can come to your home if Washtenaw County resident.)

Or call or text "988" for a 24/7 crisis hotline; free and confidential support.

Only professionals can provide an accurate diagnosis, but by learning the signs and symptoms your child is experiencing, our Roadmap can help you find the level of support that's right for you. (see other side)

Physical Signs and Symptoms:

- Noticeable fluctuations in weight (both gains and losses)
- Poor immune system functioning
- Difficulty concentrating
- Gastrointestinal issues (e.g. stomach cramps, acid reflux, constipation)
- Irregular or missed periods
- Difficulty concentrating or sustaining attention
- Dizziness or fainting, especially after standing up
- Sleeping problems or fatigue
- Cuts and calluses on fingers
- Dental problems like enamel erosion, cavities and tooth sensitivity
- Dry skin, hair and nails
- Feels cold all the time or dresses in layers inappropriate for weather
- Loss of hunger cues
- Low energy or muscle weakness

Disordered Eating Screening Tool:

For guided screening questions to help get you started, please visit recoveredspace.com/eat-26

“Many of the eating behaviors that are considered normalized in our culture are actually disordered. The hyperfixation and attempts to control every aspect of our food intake can lead to distress and disordered eating.”

A. Levinstein, MS, RD, LD, CEDS-C, clinical dietitian training specialist at Eating Recovery Center (ERC).

Emotional Cues and Symptomatic Behaviors:

- Feelings of fear, shame, loss of control around food
- Obsession with weight and dieting
- Becomes pickier with food or cuts out whole food groups from diet (e.g., carbs)
- Compulsive, excessive, or increased exercise; attitude of needing to “earn” or “burn off” food
- Substance use/misuse
- Discomfort eating in front of others, hiding food, eating in secret, eating at night
- Uses body checking behaviors (e.g., bathroom scale, mirrors, tape measures, etc.)
- Frequently comments about their or others’ food and/or body size
- Goes to the bathroom immediately after eating meals
- Extreme mood swings, irritability, anxiety, and/or depression
- Makes excuses to avoid mealtimes, activities involving food, or skipping meals
- Develops food rituals (e.g., eating foods in certain orders, excessive chewing, rearranging food on a plate, cutting into tiny pieces)
- Withdraws from friends and previously pleasurable activities
- Extreme concern with body size and shape
- Drinks excessive amounts of water
- Recurrent compensatory behaviors to prevent weight gain (e.g., self-induced vomiting, misuse of laxatives or diuretics, fasting)
- Strong sensory aversions to many food types, intense fear of choking/vomiting, or disinterest in food (not related to weight/shape)

See other side of page if your child has been experiencing any of the above signs of having an eating disorder.



For details about specific signs and symptoms of Eating Disorders, scan the QR.



For our full Mental Health Resource Guide, scan the QR code or visit srsly.org.