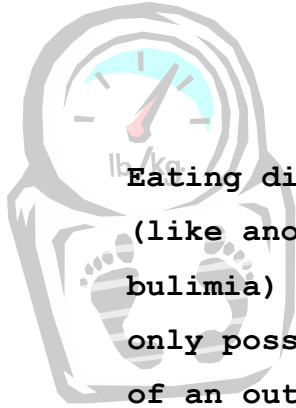
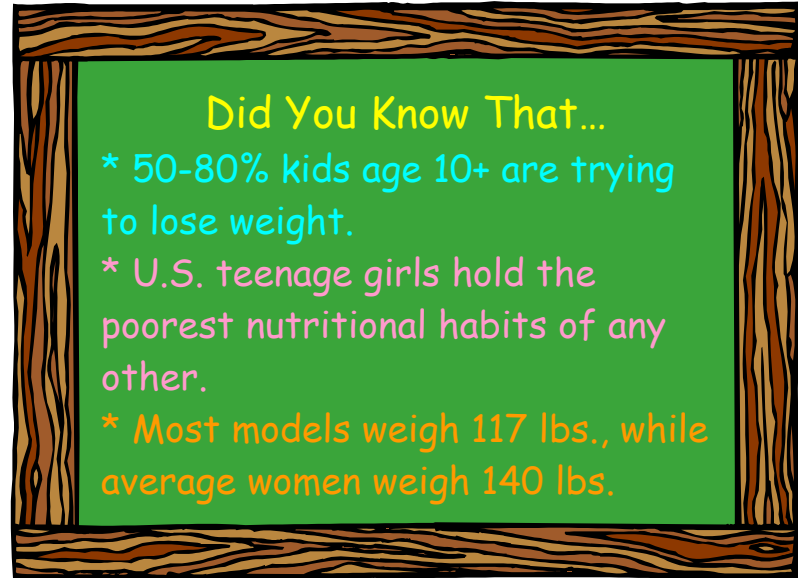


Weight Control



Eating disorders (like anorexia and bulimia) are not the only possible result of an out of control diet. Weight control problems can include **dysfunctional eating**, **hazardous weight loss**, and **undernourishment**.



Did You Know That...

- * 50-80% kids age 10+ are trying to lose weight.
- * U.S. teenage girls hold the poorest nutritional habits of any other.
- * Most models weigh 117 lbs., while average women weigh 140 lbs.

Are you a Dysfunctional Eater??
Take this quiz to find out...



- 1) Do you regularly restrict your food intake?
- 2) Do you skip meals regularly?
- 3) Do you go on diets?
- 4) Do you count calories, fat grams, and weigh or measure your food?
- 5) Are you "afraid" of certain foods?
- 6) Do you turn to food to relieve stress or anxiety?
- 7) Do you deny being hungry or claim to feel full after eating very little?
- 8) Do you avoid eating with others?
- 9) Do you feel worse (anxious, guilty, overfull) after eating?
- 10) Do you think about food, eating, and weight more than you'd like to?



A yes answer to more than three of the previous questions indicates a pattern of dysfunctional eating. Find help, get informed. Check out this website for some more info!
www.wlsc.edu/camplife/counseling/eatingdisorders.html

Dysfunctional eating is defined as **chaotic eating** that is separated from its normal function of satisfying hunger and nourishing the body. Its new function may be for purposes of **reshaping the body**, **relieving stress**, and/or **bring comfort**. External and internal controls like will power, a planned diet, and **counting calories** or fat grams are used to regulate one's eating. Dysfunctional eating is broken down into three general patterns: **chaotic eating**, consistent **under-eating**, and consistent **over-eating**. Chaotic eating involves eating in an irregular fashion by way of **fasting**, **dieting**, **skipping meals**, **restricting**, and **binging**. Consistent under eating is **eating less** than the body wants or needs by **ignoring hunger signals** given by the body. Consistent over eating is eating more food than the body wants or needs because of **stress**, for **comfort**, or just because there is a lot of good food in front of you. (Berg)

Dysfunctional Eating

Warning Signs:

- ✓ Feeling dizzy
- ✓ Skipping meals
- ✓ Using food to relieve anxiety
- ✓ Always counting calories
- ✓ Feeling tired

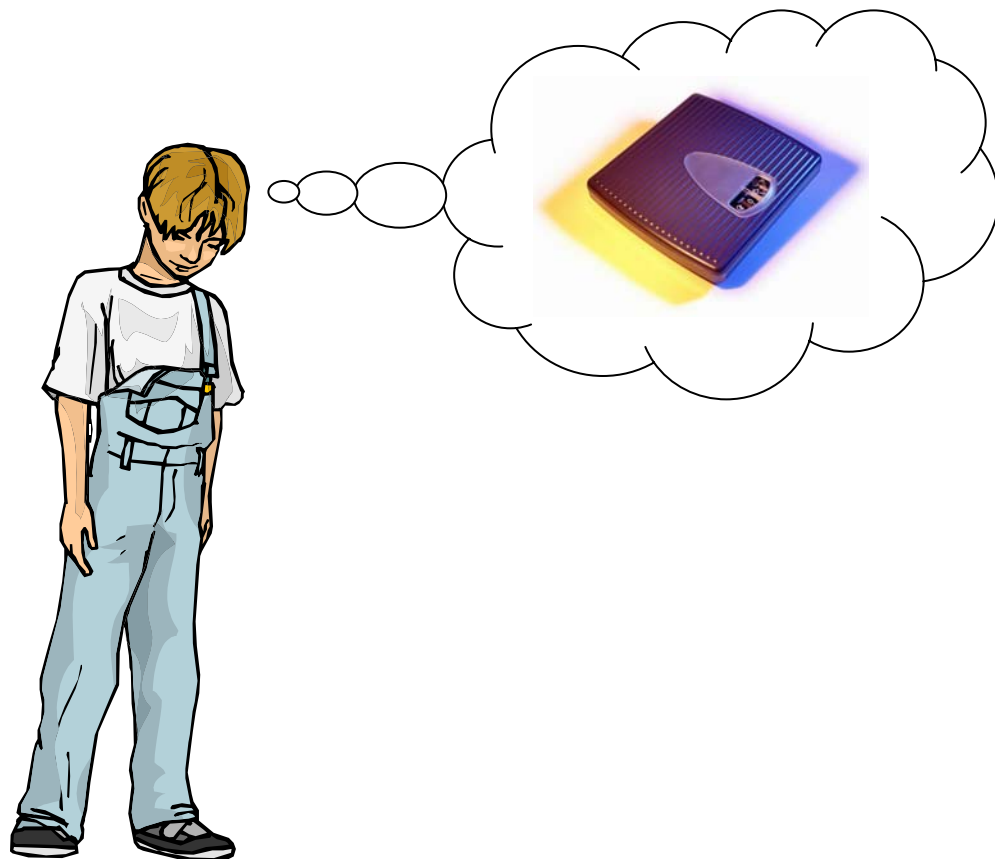


Over half of **adolescent girls do not consume enough food** for strength and energy, or for their health. As a result of **semi-starvation** the adolescent may develop many health problems including **poor bone strength, anemia,** and many other health related difficulties. Also, because the body is trying desperately to store the little fuel being given to it, possibly sending the body into a defense mode known as **starvation syndrome.** The **body begins to shut down** causing the **heart rate to drop, body temperature to fall,** and **diminishing body strength.** (Berg)

Undernourishment of Teenage Girls

Warning Signs:

- ✓ Weakness
- ✓ Diarrhea
- ✓ Hair loss
- ✓ Muscle and abdominal pains
- ✓ Weight preoccupation
- ✓ Withdrawal from interests and friends



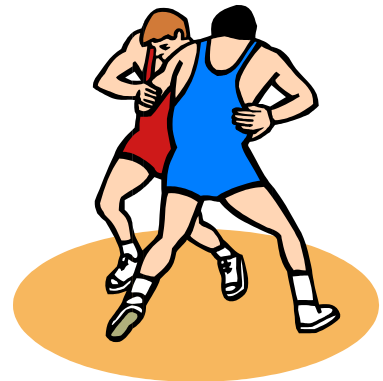
Adolescents, as well as others, have discovered products and behaviors that help them to **drop excess weight FAST**. Everyone wants everything done quickly but never done right. Teens have flocked to these "**quick fixes**" just as the rest of the country has. Not only are people buying weight loss products, but engaging in **hazardous behaviors** in order to lose weight. These products and methods include **laxatives, liquid diets, weight loss pills and supplements, vomiting, smoking, and drug usage**. These methods are unhealthy can cause **serious health problems**. These damaging "diet" habits can turn deadly if abused. (Berg)



Hazardous Weight Loss

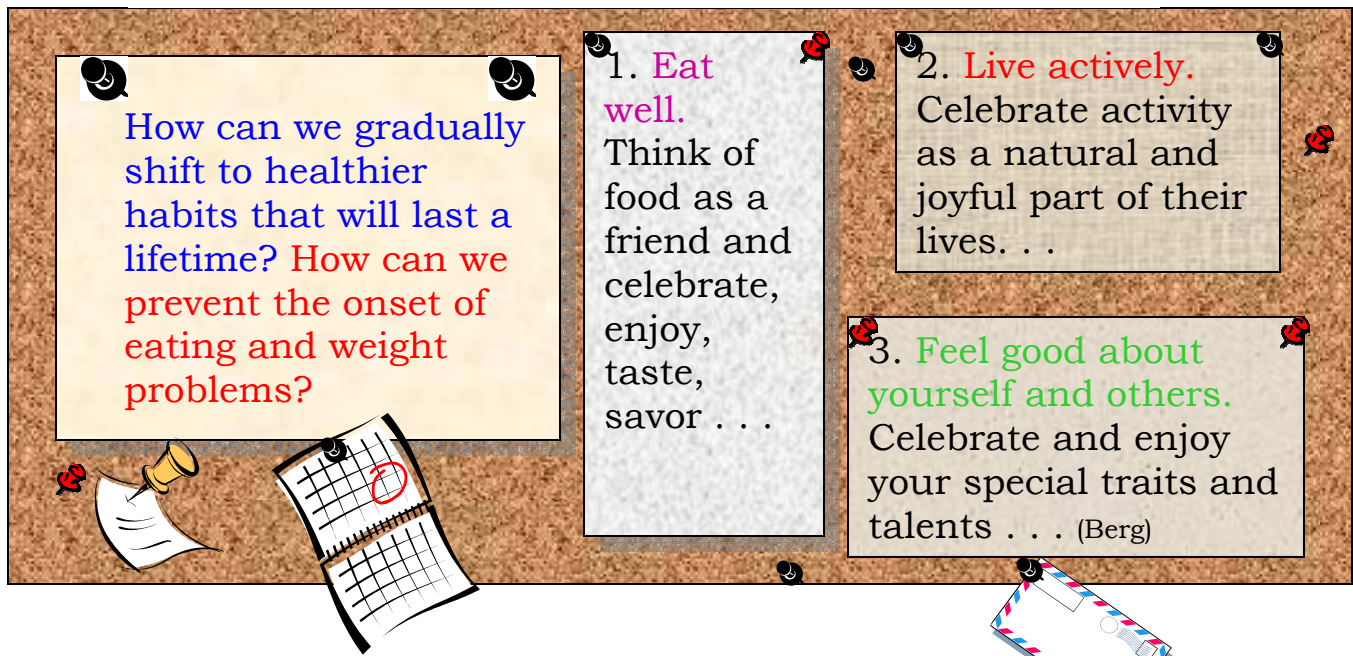
Warning Signs:

- ✓ Drastic weight loss
- ✓ Laxative use when not needed
- ✓ Liquid diet drink use
- ✓ Diet pills taken
- ✓ Excessive worry about weight for a sport



High-risk candidates for weight control problems, especially hazardous weight loss, are sport players trying to achieve/maintain a lower weight for a particular sport. In order to keep down weight for sports like swimming and wrestling, many restrict food intake or use laxatives. This hazardous weight control can lead to kidney problems and possibly an eating disorder.

What Can You Do to Help Yourself??



Where Can You Find Help??



1. Talk to your family about the problem
2. Talk with a school nurse or counselor
3. Ask a doctor about healthy ways to get or stay healthy

More Places to Get Info

- <http://www.healthierliving.org/newsletter/200201/ne.html> -- Includes info on healthy eating vs. dysfunctional eating
- Children and Teens Afraid to Eat: Helping Youth in Today's Weight-Obsessed World. By Frances M. Berg – This book is basically devoted weight control problems and not eating disorders. It is very thorough and covers facts to preventative steps and advice.
- A doctor's office is a wealth of information for learning to become healthy and maintain a healthy lifestyle.

Resources: Berg, Frances M. Children and Teens Afraid to Eat: Helping Youth in Today's Weight-Obsessed World. Hettinger, ND: Healthy Weight Network, 2001., "Eating Disorder Statistics." *The Alliance for Eating Disorders Awareness.* http://www.eatingdisordersinfo.org/eating_disorders_Statistics.htm (20 Feb 2003), "Eating Disorders - What is Dysfunctional Eating?" *West Liberty State College.* <http://www.wlsc.edu/camplife/counseling/eatingdisorders.html>