

PEDAW Presentation

Eating Disorders Prevention and Healthy Eating

Lorrie Chow, RD

BC Children's Hospital Eating Disorders Outpatient Dietitian

February 2, 2009

Eating Disorders Prevention

- ❑ "First do no harm"
 - ❑ Trying to create awareness about eating disorders in schools can increase eating disordered behaviours in teens
 - ❑ However, it's important for teachers to understand eating disorders and eating disordered behaviours to help adolescents who may be struggling
-

The Dangers of Dieting

- ❑ Dieting is everywhere...in the media, family and friends...etc.
 - ❑ BUT – dieting can be the start of many eating disorders
 - ❑ AND – diets don't work
 - ❑ Diets should be discouraged from topics of conversation
-

The good, the bad, and the ugly

- ❑ There are NO good or bad foods, i.e. good carbs vs bad carbs
 - ❑ All foods can be considered “good” in a well-balanced diet
 - ❑ Promoting “good” vs “bad” foods promotes apprehension around eating for most, and an intense fear of food in those with an eating disorder
 - ❑ Food, nutrition and body weight should be promoted in a POSITIVE light
-

Normal Healthy Eating

- ❑ What is Normal Eating? By Ellyn Satter
- ❑ Normal eating is going to the table hungry and eating until you are satisfied. It is being able to choose food you like and eat it and truly get enough of it – not just stop eating because you think you should. Normal eating is being able to give some thought to your food selection so you get nutritious food, but not being so wary and restrictive that you miss out on enjoyable food. Normal eating is giving yourself permission to eat sometimes because you are happy, sad, or bored, or just because it feels good. Normal eating is three meals a

- ...day, or four or five, or it can be choosing to munch along the way. It is leaving some cookies on the plate because you know you can have some again tomorrow, or it is eating more now because they taste so wonderful. Normal eating is overeating at times, feeling stuffed and uncomfortable. And it can be undereating at times and wishing you had more. Normal eating is trusting your body to make up for your mistakes in eating. Normal eating takes up some of your time and attention, but keeps its place as only one important area of your life. In short, normal eating is flexible. It varies in response to your hunger, your schedule, your proximity to food, and your feelings.

Healthy Eating Guidelines

- ❑ Eat a wide variety of foods every day.
 - ❑ Eat breakfast every day
 - ❑ Enjoy all four food groups every day. Following Canada's Food Guide can be helpful.
 - ❑ Choose water or milk instead of soft drinks or juice most of the time.
 - ❑ Choose foods high in cereal fibre like bran, wheat and rye.
 - ❑ When you eat out, stop eating when you're full. Most restaurants portions are bigger than most people need. But sometimes, enjoy overeating.
 - ❑ Eat when you are hungry, stop when you are full.
 - ❑ Don't use food to make yourself feel better when you are bored, sad or upset.
-

Questioning the benefits vs harm of some school activities

- Physical education classes or sports teams that do fat calliper testing and group weigh-ins
 - Starve-a-thons (the 24 hour famine)
 - Cafeterias assigning calorie levels to foods
-

The Bottom Line

- ❑ Moderation in everything
 - ❑ Keep messages about food, nutrition and weight in a positive light
 - ❑ We want to create an understanding of food and nutrition without instilling a fear of food. Teach children and adolescents to listen to their bodies to help them realize their genetic potential in both height and weight.
-

Nutrition Resources:

- ❑ Canadian Health Network – Healthy Eating. http://www.phac-aspc.gc.ca/chn-rcs/nhe-nsa-eng.php?rd=eating_aliment_eng
 - ❑ Dietitians of Canada. <http://dietitians.ca/>
 - ❑ Ellyn Satter Associates. <http://www.ellynsatter.com/resources.jsp>
 - ❑ National Eating Disorder Information Centre. <http://nedic.ca/index.shtml>
-