



WELLNESS WORKS....

at Brain Injury Community Re-entry (Niagara) Inc.

A Publication from Brain Injury Community Re-entry Niagara's Wellness Works Committee

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*MORE THAN 1/2 OF GIRLS AND 1/3 OF BOYS ENGAGE
IN UNHEALTHY WEIGHT CONTROL BEHAVIOURS
(e.g. fasting, laxatives, skipping meals, smoking, etc.)*

- Project EAT 2002

SYMPTOMS / WARNING SIGNS:

Anorexia Nervosa:

- Refusal to keep body weight at or above the normal weight for one's body type
- Dieting to extremes, usually coupled with excessive exercise
- Feeling overweight despite dramatic weight loss
- Loss of menstrual periods
- Extreme preoccupation with body weight and shape

Bulimia Nervosa:

- Repeated episodes of bingeing and purging, usually self-induced
- Eating beyond the point of fullness

Binge – eating disorder:

- Periods of uncontrolled, impulsive or continuous eating
- Sporadic fasts or repetitive diets

In general:

- Low self-esteem
- Social withdrawal
- Denial
- Wanting to be perfect
- Intolerance of others
- Inability to concentrate



Source: National Eating Disorder Information Centre www.nedic.ca ; Canadian Mental Health Association www.cmha.ca ; National Association for Males with Eating Disorders www.namedinc.org



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An eating disorder is any psychological disorder, such as anorexia nervosa or bulimia that involves insufficient or excessive food.

Some facts on eating disorders:

- ⊗ Anorexia nervosa has the highest mortality rate of any psychiatric illness – it is estimated that 10% of individuals die within 10 years of the onset of the disorder
- ⊗ According to a 2002 survey, 1.5% of Canadian women aged 15 – 24 had an eating disorder
- ⊗ 4% of boys in grades 9 & 10 reported anabolic steroid use
- ⊗ 37% of girls in grade 9 and 40% in grade 10 perceived themselves as too fat
- ⊗ Dieting for weight loss is often associated with weight gain
- ⊗ At any given time 70% of women and 35% of men are dieting
- ⊗ Up to 25% of the 8 million Americans with eating disorders are male



HOW TO HELP...

- Model a healthy lifestyle with diet & exercise
- Model & teach ways to deal with stress & conflict
- Help others to develop self-esteem based on qualities other than physical appearance
- Don't ignore negative comments about physical appearance
- Teach critical thinking skills
- Teach about aspects of self & life that one can influence
- Positive advertising
- Make your family meals a peaceful time
- Be encouraging & non-judgemental
- Avoid labeling food 'bad' or 'sinful'
- Do not encourage or laugh at jokes that make fun of a person's size or body
- Criticize the culture that promotes unhealthy body image
- Tell advertisers how much you appreciate
- Emphasize the positive aspects of healthy eating
- Do not use food as a reward or punishment
- Encourage children to take responsibility for their own well-being
- Live with a positive attitude to body image
- Be patient, knowledgeable & compassionate
- Give children healthy choices