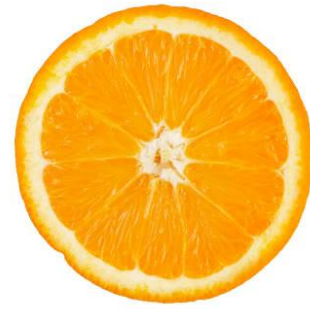


Prep School Performance Nutrition News with Kathleen Searles, MS, RD, LDN



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Nutritionist. Speaker. Consultant.

Welcome to the February issue of Prep School Performance Nutrition News. Here in the busy heart of the school year I hope you will take a few minutes to look over this month's important information about eating disorders. Eating disorders are potentially life-threatening and notoriously difficult to treat, so prevention is key. National Eating Disorders Awareness week is February 26-March 3 this year. Visit the National Eating Disorders Association site at <http://goo.gl/wsIFx> for materials your school can use to help raise awareness.

- Kathleen Searles, MS, RD, LDN

Schools and Eating Disorders:

The private school environment has several factors that may increase the likelihood of a student developing an eating disorder. These include:

- Students with high performance expectations - Many students with an ED have perfectionistic tendencies.
- Group living and dining settings - Students natural comparisons of themselves to others may be exacerbated in the close living quarters. Students may comment on one another's food choices, appearance, or body habitus.
- Sports participation - Students may equate a certain weight with athletic success. Some sports require weight classification. Some sports may have uniforms that are perceived as revealing body flaws.

Factors in Developing Eating Disorders

- Environmental factors such as media, societal emphasis on thinness, admiration for celebrities, family dynamic
- Genetic factors such as family history of depression or anxiety or obsessive/compulsive tendencies
- Triggers such as dieting/calorie restriction, trauma, peer pressure/comments, mandated weight changes for sport, moving to a new location (the change to a boarding environment may mimic this)

Eating Disorder Prevention Tips for Educators

- Avoid commenting on weight, body shape, or what someone is eating
- Ensure that school policies on anti-harassment and bullying are enforced and include provisions about physical appearance and body shape
- Be aware that a change in cognitive functioning can be a consequence of disordered eating
- Be knowledgeable about your school's resources for referring a student who may need help

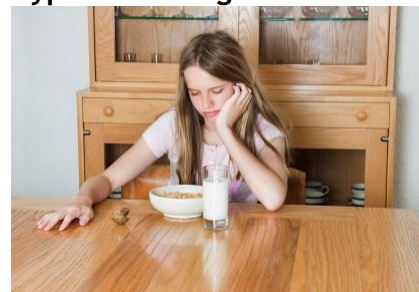
News and Events

Would you like to increase eating disorder awareness at your school? I offer small group sessions with students, or larger group sessions for faculty and/or coaches. Call today to set up customized eating disorder awareness sessions for your group!

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Types of Eating Disorders



Anorexia Nervosa - restrictive eating pattern and low body weight

Bulimia Nervosa - binge eating with compensatory strategy (such as purging by vomiting or laxative/diuretic use)

Binge Eating Disorder - binge eating with no compensatory behavior

Eating Disorder Not Otherwise Specified - disordered eating behavior

Eating Disorder Prevention Tips for Coaches

- Use a positive, person-oriented coaching style
- Support healthy attitudes toward diverse sizes and shapes among team members
- Emphasize factors that contribute to personal success such as motivation and enthusiasm
- Promote proper fueling for sports performance

Eating Disorder Prevention Tips for Dorm Faculty

- Know and be alert for signs and symptoms of disordered eating (visit the National Eating Disorders Association site for more info <http://www.nationaleatingdisorders.org/>)
- Speak privately with a student if you are concerned about him/her
- Assist students to access the proper therapeutic resources (Remember, that you do not need to be responsible for diagnosis or therapy, just for supporting the student in getting help.)
- Do not tolerate teasing about people's height or weight
- Do not talk about your own weight concerns with students
- Encourage students to express feelings in a healthy way such as talking or journaling

These articles were prepared using information from the National Eating Disorders Association, <http://www.nationaleatingdisorders.org/>. I also referenced Jessica Setnick's The Eating Disorders Clinical Pocket Guide and Jessica Setnick's Eating Disorders Boot Camp Training Manual for Professionals.
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that does not meet the full diagnostic criteria for one of the above disorders. These are the medically recognized diagnoses for eating disorders. In addition you may see these terms:

Orthorexia - fixation on eating only healthful foods

Anorexia Athletica (also referred to as compulsive exercise, obligatory exercise, Athletica Nervosa or exercise addiction) - excessive exercise beyond the point of enjoyment; feelings of guilt and anxiety when prevented from exercising

In a previous issue <http://goo.gl/SCn7W> the related concern of Female Athlete Triad (low energy availability, hormonal disruption, and bone loss) was reviewed in depth.