

Health & Wellness



April
2025
Issue 7

Eating Disorders/Disordered Eating

For this month's health & wellness, we're talking about eating disorders and disordered eating. In this issue, we'll go over the different eating disorders, health consequences, and how to get help for someone with an eating disorder or disordered eating.



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Welcome to DuPage Senior Citizens Council/Kane Senior Council's April Health & Wellness Newsletter!

We're here to bring you a new topic relating to wellness as well as new brain teasers, seasonal recipes, book recommendations, and more!

Providing Meals and More...



DuPage Senior
Citizens Council



Kane Senior
Council

Health & Wellness Education

Eating Disorders/Disordered Eating

Introduction

Eating disorders are **serious** - but **treatable** - **mental and physical illnesses** that can affect people of **all** genders, ages, races, religions, ethnicities, sexual orientations, body shapes, and weights.

In the United States, **28.8 million** Americans will suffer from an eating disorder at some point in their lives.

Let's take a closer look at eating disorders and disordered eating to better understand both.

Information adapted from:
www.nationaleatingdisorders.org

Eating Disorders

Eating disorders and disordered eating can affect us at **any age**

There is **no single cause** of an eating disorder. Rather, it is a **complex combination** of **biological, psychological, and sociocultural factors** that can converge and trigger an individual's **predisposed genetic vulnerability**.

Anorexia is an eating disorder that most of us have probably heard of - perhaps even **Bulimia**.

It is important to note that in addition to the main two disorders, there are others that affect many people both on a **regular basis** as well as **intermittently**.

Eating Disorders

Anorexia Nervosa (AN)

Characterized by **weight loss**, **distorted body image**, and **difficulties maintaining** an **appropriate body weight** for height, age, and stature

- **Restrict** the **amount of calories** and the **types of food** eaten
- **Exercise** compulsively
- **Purge** via vomiting and laxatives
- **Binge eating**

Most **frequently** begins during **adolescence**, but **increasing number** of children and older adults are also being diagnosed

In most cases, you **cannot tell** if a person is struggling with anorexia nervosa simply by **looking** at them

Bulimia Nervosa (BN)

A serious, **potentially life-threatening** eating disorder characterized by a **cycle** of **binging** and **compensatory behaviors** such as self-induced vomiting designed to **undo** or **compensate** for the effects of overeating

Binge Eating Disorder (BED)

The **second** most commonly diagnosed eating disorder

Characterized by **recurrent episodes** of **binge eating** and eating **larger amounts** of food in a **discrete period of time** than most people would in the same situation

Other associated behaviors:

- Eating very **rapidly**
- Eating **past the point of being full**
- Eating when **not hungry**
- Eating **alone**
- Intense feelings of “**loss of control**” overeating, **shame** and **guilt**

Diagnosed when an individual engages in binge eating on average at least **1 day a week for 3 months**

Approx. **2.7% of women**, **1.7% of men** and **1.8% of adolescents** suffer from BED

Seen in all **age groups**, **races**, **ethnic backgrounds**, and **socioeconomic income levels**

Avoidant/Restrictive Food Intake Disorder (ARFID)

- Individuals **limit** the **volume** and/or **variety** of foods they consume
- Unlike other eating disorders, food avoidance or restriction is **not related** to fears of fatness or distress about body shape, size or weight
- Instead is motivated by:
 - **Lack of interest** in eating or food
 - **Sensory sensitivity** (strong reactions to taste, texture, smell)
 - Fear of **adverse consequences** (i.e. choking or vomiting)
- Diet is so limited it leads to medical, nutritional, and/or psychosocial problems:
 - **Weight loss**
 - Significant **nutritional deficiencies** based on diet
 - **Interference** in **relationships** or **engagement** in school due to difficulties eating

Other Specified Feeding or Eating Disorders (OSFED)

- Individuals who **do not meet** strict **diagnostic criteria** for anorexia nervosa, bulimia nervosa, or binge eating disorder but still had a **significant eating disorder**
- OSFED is **just as severe** as other eating disorders
 - Similar **symptom severity** and cognitive, genetic and environmental **risk factors** to anorexia nervosa, bulimia nervosa, and binge eating disorders
 - Just as likely to **lead to death** as a result as anorexia nervosa, bulimia nervosa, or binge eating disorder
- Approximately **33% of the deaths** attributed to eating disorders were associated with OSFED, higher than any other type of eating disorder

Rumination Disorder

- Involves the **regular regurgitation** of food that occurs for **at least one month**
- Regurgitated food may be **re-chewed, re-swallowed, or spit out**
- Typically, when someone regurgitates their food, they **do not appear** to be making an **effort**, nor do they appear to be **stressed, upset, or disgusted**

Unspecified Feeding or Eating Disorder (UFED)

- Situations in which a person:
 - **Presents with symptoms** of a feeding and eating disorder that cause clinically significant distress or impairment in social, occupational, or other important areas of life
 - **Does not meet** the **full criteria** for any of the disorders listed in the guidebook professionals use to diagnose mental illnesses
- Also used in circumstances in which the clinician chooses **not to specify** the **reason** that the criteria are not met for a specific feeding and eating disorder, including times when there is **insufficient information** to make a more specific diagnosis

Pica

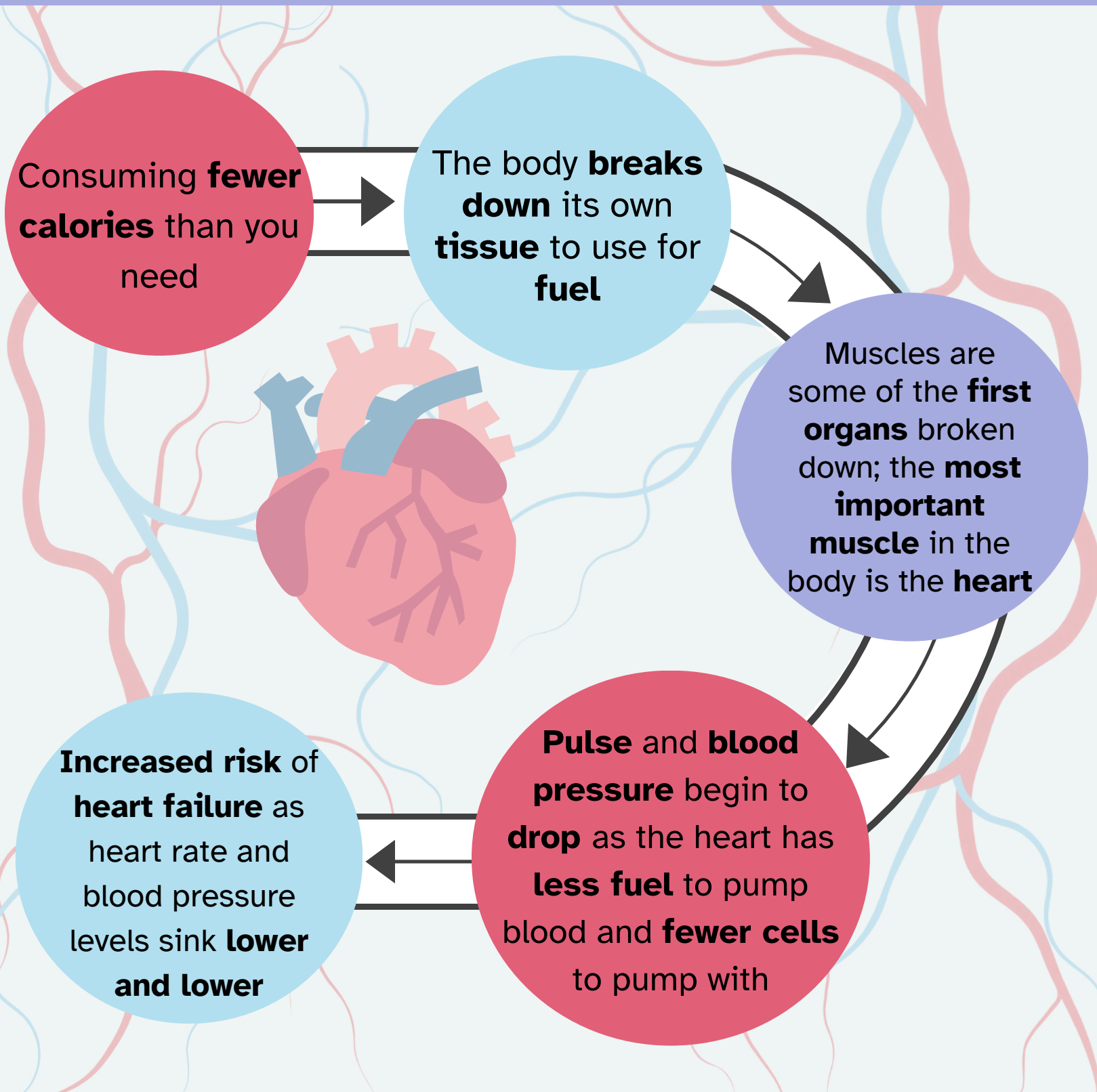
- An eating disorder that involves **eating items** that are **not typically thought of as food** and that **do not** contain **significant nutritional value**, such as hair, dirt, and paint chips

Atypical Anorexia Nervosa

- Presents with the **same symptoms** as anorexia nervosa
- Person is **within** a **“normal” or higher weight range** after losing a significant amount of weight
- Is **equally** if not **more common** than anorexia
- Research has found that the **number of patients** seeking treatment for atypical anorexia has **increased substantially** and led to a **greater proportion** of patients **seeking hospitalization** for complications due to the disorder

Common Health Consequences of Eating Disorders

1. Cardiovascular System



2. Gastrointestinal System

- Slowed digestion known as **gastroparesis**
- Interferences with normal stomach emptying and the **digestion of nutrients**
- Stomach pain and bloating
- Nausea and vomiting

- Blood sugar fluctuations
- **Blocked intestines** from solid masses of undigested food
- Bacterial infections
- **Feeling full** after eating only small amounts of food

- **Constipation**, which can have several causes:
 - **Mechanical bowel problems**, like physical obstruction of the intestine, caused by ingested items
 - **Intestinal obstruction** or a blockage that prevents food and water from passing through the intestines
 - **Bezoar**, a mass of **indigestible material** found trapped in the **gastrointestinal tract** (esophagus, stomach, or intestines)

3. Neurological

Although the brain makes up a relatively **small percentage** of **total body mass**, it consumes up to **one-fifth** of the **body's calories**



Dieting, fasting, self-starvation, and/or erratic eating means the brain isn't getting the **energy** it needs, which can lead to **obsessing about food** and **difficulties concentrating**

What is the Difference Between Disordered Eating and Eating Disorders?

Disordered eating and eating disorders are related as they both pertain to **problematic eating patterns**

While they share **similarities**, there are **significant differences** between these disorders.

Disordered eating refers to a **spectrum** of **problematic eating behaviors** and **distorted attitudes** towards food, weight, shape, and appearance.

Often these behaviors include:

- Dieting
- Skipping meals
- Fasting
- Restricting food intake
- Eliminating specific foods or food groups
- Binge eating
- Excessive use of diuretics, laxatives, and weight loss medications
- Use of compensatory behaviors - purging, excessive exercising

Disordered eating patterns can **vary in severity** but do **not** meet the **frequency, duration,** and/or **psychological criteria** for a diagnosable eating disorder

Eating disorders are **complex mental illnesses** that are characterized by **persistent disturbances** in **eating behaviors** and **impairment** in **psychological functioning**

Disordered

Eating

What Causes Disordered Eating?

Disordered eating has **various causes** and is influenced by biological/genetic, psychological, sociocultural, and environmental factors.

How is Disordered Eating Treated?

Not all disordered eating develops into a diagnosable eating disorder. However, disordered eating is a **risk factor** in the **development** of an eating disorder.

Early intervention is important as it has been shown to improve treatment outcomes.

Furthermore, **professional treatment** should be considered to help **prevent symptoms** of disordered eating from progressing to a more severe or chronic state and/or developing into a serious eating disorder.

If you or someone you know is struggling with disordered eating or suspect an eating disorder, it is recommended to seek guidance from a professional with expertise in eating disorders.

How Can I Help Someone Who May Have an Eating Disorder?

- **Become aware** of the **warning signs** and **symptoms**
- If someone you know may show signs of disordered eating **listen** to what they are telling you to determine if they may have it under control or may be looking for help
- Always **encourage** someone to **talk to their doctor** if they have any medical related concerns
 - Google can be a helpful resource but it should **never** replace a discussion with an ***actual medical professional***
- **Be supportive**; disordered eating is no different than other medical conditions in that the care and **support** of close friends and family is **key to recovery**.

Resources

Find treatment at:

www.nationaleatingdisorders.org/find-treatment/

Find free and low cost support options at:

www.nationaleatingdisorders.org/free-low-cost-support/

WRAP UP

For some people, an eating disorder is a **temporary situation** that *corrects itself over time.*

For others it can be a ***lifelong battle.***

Knowing the types of eating disorders (or disordered eating) can help us to help others that may be in need.

For more health and wellness tips, information and resources, visit our website.



BRAIN BOOSTERS

SUDOKU

	7		3	6	2			4
6	3	1	5	8				9
						6		
1			2		6			5
	5			7			2	
2			1		9			8
		5						
3				9	1	4	5	2
7			8	4	5		3	

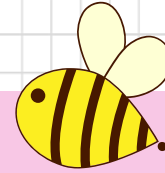
Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

RIDDLE OF THE MONTH

*What **falls** but **never** gets **hurt**?*



PUZZLE



D I I H T K P H S I A U E I S H T Y N Y
 X W B R W A M P O U D K E S Z X F H A B
 I I N B E C Q P S N F L D F D U T M M S
 H K I I V S A M I Y I F U M T W R B Q G
 N R Z S M T T R T C C Y F U T N E Y I H
 E A U P I U A R D G Z H C N M Z M I T E
 U N I X U L Q O I I R I O H B M O G P G
 R O B I R S W H R C O E T L R Q P I X Y
 O R I G V T B I D S T V A Q O X W Z G M
 L E O O V Y U Z U B J I A V Q G Y P P M
 O X L Q O J L T B P T A V S O D I R E B
 G I O R U M I N A T I O N E C I C C L X
 I A G I G Y M V V Q Q J L C B U D F A C
 C W I B U Y I Z U T O V S B M R L A F L
 A R C W O L A U W J J L T E S D M A N J
 L O A E W T Y Z P D O A Z A W K P U R T
 C N L S G A S T R O I N T E S T I N A L
 A F S M G I I X T T N W W H F G I D O H
 L I S O C I O C U L T U R A L I X A W S
 U E N V I R O N M E N T A L L N N F C Z

WORD BANK

Gastrointestinal

Neurological

Biological

Cardiovascular

Sociocultural

Bulimia

Environmental

Restrictive

Avoidant

Psychological

Rumination

Anorexia

Our Picks of the Month

April Recipe: Fresh Beet and Carrot Salad With Citrus Dressing

Recipe from: Sanguina Inc

Dressing Ingredients:

- 1/3 cup extra-virgin olive oil
- 2 tbsp mild honey
- 2 tsp Dijon mustard
- 3 tbsp fresh lemon juice
- Salt and pepper to taste

Salad Ingredients:

- Flaky sea salt
- Sliced unsalted almonds
- 5 oz. container baby arugula
- 2 medium carrots, peeled and shaved into thin strips
- 2 small red beets, peeled and sliced into thin strips
- 4 medium radishes, trimmed and sliced into thin strips
- 2 medium tangelos, peeled and sliced crosswise into 1/8-inch-thick rounds



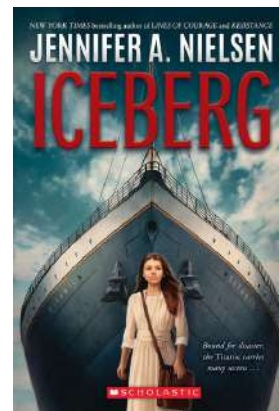
Directions:

1. **For the dressing:** mix oil, honey, mustard, lemon juice, salt, and pepper in a bowl until you have created the perfect creamy dressing for your platter.
2. Arrange a bed of arugula across the platter, then layer it up with vibrant carrot strips, sweet beets, crisp radishes, and juicy tangelos.
3. Sprinkle over some crunchy almonds for texture, and drizzle 1/3 cup of dressing to bring it all together.
4. Finish off by sprinkling flaky sea salt as garnish - serve remaining dressing in small bowls on the side so everyone can dress their own portion according to taste.

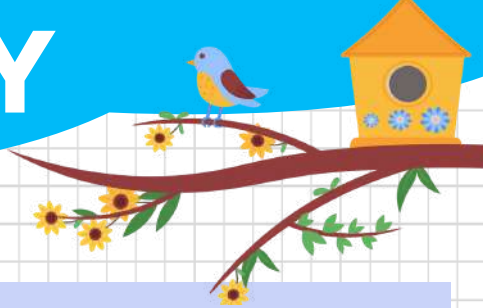
Our Book Pick of the Month

Iceberg by Jennifer A. Nielsen

“More than 110 years after the Titanic’s fateful voyage, young readers continue to be enthralled by survival stories set on board the “unsinkable” ocean liner. Jennifer A. Nielsen’s latest gripping historical tale follows a young stowaway aboard the ship when disaster strikes.”



ANSWER KEY



8	7	9	3	6	2	5	1	4
6	3	1		8	4	2	7	9
5	2	4	9	1	7	6	8	3
1	8	7	2	3	6	9	4	
9		6	4	7	8	3	2	1
2	4	3	1	5	9	7	6	8
4	1		6	2	3	8	9	7
3	6	8	7	9	1	4		2
7	9	2	8	4		1	3	6

Riddle Answer:

What falls but never gets hurt?

Answer : Rain



ANSWER KEY

D I I H T K P H S I A U E I S H T Y N Y
X W B R W A M P O U D K E S Z X F H A B
I I N B E C Q P S N F L D F D U T M M S
H K I I V S A M I Y I F U M T W R B Q G
N R Z S M T T R T C C Y F U T N E Y I H
E A U P I U A R D G Z H C N M Z M I T E
U N I X U L Q O I I R I O H B M O G P G
R O B I R S W H R C O E T L R Q P I X Y
O R I G V T B I D S T V A Q O X W Z G M
L E O O V Y U Z U B J I A V Q G Y P P M
O X L Q O J L T B P T A V S O D I R E B
G I O R U M I N A T I O N E C I C C L X
I A G I G Y M V V Q Q J L C B U D F A C
C W I B U Y I Z U T O V S B M R L A F L
A R C W O L A U W J J L T E S D M A N I
L O A E W T Y Z P D O A Z A W K P U R T
C N L S G A S T R O I N T E S T I N A L
A F S M G I I X T T N W W H F G I D O H
L I S O C I O C U L T U R A L I X A W S
U E N V I R O N M E N T A L L N N F C Z





DuPage Senior
Citizens Council

Providing Meals and More...



Kane Senior
Council

From the Council

News & Events

APRIL

17

Senior Dance Party

4 pm - 8 pm

Lincoln Inn Banquets

1345 S. Batavia Ave,
Batavia, IL 60510

**RSVP: Call 630-812-6750
By April 11**

APRIL

25

"Thriving After 55" Resource Fair

10 am - 2pm

Elgin Community College

Building J Gymnasium
1700 Spartan Drive
Elgin, IL 60123

Print Monthly Meal Menus at:

www.DuPageSeniorCouncil.org/Home-Delivered-Meals-Menus

www.KaneSeniorCouncil.org/Meals-On-Wheels



**DuPage Senior
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Providing Meals and More...

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