**Physical Education and Sport**

**Grade 11**

**March 30, 2020**

**Eating Disorders**

Eating disorders are mental health conditions marked by an obsession with food or body shape. They can affect anyone but are most prevalent among young women.

Types of Eating disorders

1. **Anorexia nervosa**

[Anorexia nervosa](https://www.healthline.com/health/anorexia-nervosa) is likely the most well-known eating disorder.

It generally develops during adolescence or young adulthood and tends to affect more women than men.

People with anorexia generally view themselves as overweight, even if they’re dangerously underweight. They tend to constantly monitor their weight, avoid eating certain types of foods, and severely restrict their calories.

Common symptoms of anorexia nervosa include ([8](https://dsm.psychiatryonline.org/doi/book/10.1176/appi.books.9780890425596)):

* being considerably underweight compared with people of similar age and height
* very restricted eating patterns
* an intense fear of gaining weight or persistent behaviors to avoid gaining weight, despite being underweight
* a relentless pursuit of thinness and unwillingness to maintain a healthy weight
* a heavy influence of body weight or perceived body shape on self-esteem
* a distorted body image, including denial of being seriously underweight

[Obsessive-compulsive symptoms](https://www.healthline.com/health/ocd/social-signs) are also often present. For instance, many people with anorexia are often preoccupied with constant thoughts about food, and some may obsessively collect recipes or hoard food.

Such individuals may also have difficulty eating in public and exhibit a strong desire to control their environment, limiting their ability to be spontaneous.

Anorexia is officially categorized into two subtypes — the restricting type and the binge eating and purging type ([8](https://dsm.psychiatryonline.org/doi/book/10.1176/appi.books.9780890425596)).

Individuals with the restricting type lose weight solely through dieting, fasting, or [excessive exercise](https://www.healthline.com/health/fitness-exercise/working-out-unhealthy-reasons).

Individuals with the binge eating and purging type may binge on large amounts of food or eat very little. In both cases, after they eat, they purge using activities like vomiting, taking laxatives or diuretics, or exercising excessively.

Anorexia can be very damaging to the body. Over time, individuals living with it may experience the thinning of their bones, infertility, brittle hair and nails, and the growth of a layer of fine hair all over their body ([9](https://www.nimh.nih.gov/health/topics/eating-disorders/index.shtml)).

In severe cases, anorexia can result in heart, brain, or multi-organ failure and death.

**Summary** People with anorexia nervosa may limit their food intake or compensate for it through various purging behaviors. They have an intense fear of gaining weight, even when severely underweight.

**2. Bulimia nervosa**

[Bulimia nervosa](https://www.healthline.com/health/bulimia-nervosa) is another well-known eating disorder.

Like anorexia, bulimia tends to develop during adolescence and early adulthood and appears to be less common among men than women ([7Trusted Source](https://www.ncbi.nlm.nih.gov/pubmed/26754944)).

People with bulimia frequently eat unusually large amounts of food in a specific period of time.

Each binge eating episode usually continues until the person becomes painfully full. During a binge, the person usually feels that they cannot stop eating or control how much they are eating.

Binges can happen with any type of food but most commonly occur with foods the individual would normally avoid.

Individuals with bulimia then attempt to purge to compensate for the calories consumed and relieve gut discomfort.

Common purging behaviors include forced vomiting, fasting, laxatives, diuretics, enemas, and excessive exercise.

Symptoms may appear very similar to those of the binge eating or purging subtypes of anorexia nervosa. However, individuals with bulimia usually maintain a relatively normal weight, rather than becoming underweight.

Common symptoms of bulimia nervosa include ([8](https://dsm.psychiatryonline.org/doi/book/10.1176/appi.books.9780890425596)):

* recurrent episodes of binge eating with a feeling of lack of control
* recurrent episodes of inappropriate purging behaviors to prevent weight gain
* a self-esteem overly influenced by body shape and weight
* a fear of gaining weight, despite having a normal weight

Side effects of bulimia may include an inflamed and sore throat, swollen salivary glands, worn tooth enamel, tooth decay, acid reflux, irritation of the gut, severe dehydration, and hormonal disturbances ([9](https://www.nimh.nih.gov/health/topics/eating-disorders/index.shtml)).

In severe cases, bulimia can also create an imbalance in levels of electrolytes, such as sodium, potassium, and calcium. This can cause a stroke or heart attack.

**Summary** People with bulimia nervosa eat large amounts of food in short periods of time, then purge. They fear gaining weight despite being at a normal weight.

**3. Binge eating disorder**

[Binge eating disorder](https://www.healthline.com/nutrition/binge-eating-disorder) is believed to be one of the most common eating disorders, especially in the United States.

It typically begins during adolescence and early adulthood, although it can develop later on.

Individuals with this disorder have symptoms similar to those of bulimia or the binge eating subtype of anorexia.

For instance, they typically eat unusually large amounts of food in relatively short periods of time and feel a lack of control during binges.

People with binge eating disorder do not restrict calories or use purging behaviors, such as vomiting or excessive exercise, to compensate for their binges.

Common symptoms of binge eating disorder include ([8](https://dsm.psychiatryonline.org/doi/book/10.1176/appi.books.9780890425596)):

* eating large amounts of foods rapidly, in secret and until uncomfortably full, despite not feeling hungry
* feeling a lack of control during episodes of binge eating
* feelings of distress, such as shame, disgust, or guilt, when thinking about the binge eating behavior
* no use of purging behaviors, such as [calorie restriction](https://www.healthline.com/nutrition/calorie-restriction-risks), vomiting, excessive exercise, or laxative or diuretic use, to compensate for the binging

People with binge eating disorder often have overweight or obesity. This may increase their risk of medical complications linked to excess weight, such as heart disease, stroke, and type 2 diabetes.

**Activity**: write an essay on the impact of eating disorders on a individuals performance. (25mks)

**Due Date: April 8, 2020**

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