

What do you know about eating disorders ?

Public : 12 years old and older

MATERIAL

- Pencil
- Appendix: Quiz – What do you know about eating disorders?

HOW IT WORKS

1. Each participant completes the quiz individually.

The teacher/activity leader asks participants to answer the questions to the best of their ability.

2. Group discussion

When the quizzes have been individually completed, the teacher/activity leader goes over the answers in a group with everyone together, with the help of the Answer Guide (Activity Sheet 2.2).

OBJECTIVE

This activity helps increase knowledge of eating disorders and awareness of how to respond and how not to respond.

To prepare for the discussion, the teacher/activity leader can check out the Eating Disorders Awareness Week website for more information

www.semainetroublesalimentaires.com



Quiz

1. You can recover from an eating disorder.

- a. true
- b. false

2. Which of the following can trigger an eating disorder?

- a. A positive comment about one's weight loss
- b. Values and practices promoted by society
- c. A negative comment about one's appearance
- d. Body diversity

3. People who have eating disorders are extremely thin.

- a. true
- b. false

4. There are different types of eating disorders.

- a. true
- b. false

5. Boys can also have eating disorders.

- a. true
- b. false

6. What can I do to help a friend who is living with an eating disorder ?

- a. Encourage your friend to eat.
- b. Contact an organization that specializes in helping people with eating disorders.
- c. Avoid talking about food and weight.

7. An eating disorder can lead to isolation.

- a. true
- b. false



Answer guide

Question one.

TRUE.

You can recover from an eating disorder. Though it's not a simple process, and there are ups and downs, everyone has the inner strength to recover. With expert help, such as that offered by ANEB and the Maison l'Éclaircie, a full recovery is possible.

Question two.

A, B and C.

Additional information : Remarks about a person's weight or body (positive or negative) and the constructs promoted by society can be factors that trigger an eating disorder.

Question three.

FALSE.

Weight is not an indicator of an eating disorder. The body can adapt by fighting weight loss, even in cases of restrictive or compensatory behaviours. No matter what a person's weight, he or she could be having difficulties related to eating and require help.

Question four.

TRUE.

Eating disorders are mental illnesses. They are complex disorders characterized mainly by problematic eating behaviours, an intense fear of weight gain and an overwhelming preoccupation with body image. Eating disorders are caused by biological, psychological and social factors. Untreated, they can have serious social, psychological and physical consequences (such as isolation, guilt, depressive symptoms and inadequate nutrition).



Answer guide

Question five.

TRUE.

Boys can also be obsessed with having the perfect body. Ten percent of those living with eating disorders are men. Because men rarely ask for help, the real numbers are probably much higher than the statistics suggest.

Question six.

B AND C.

Additional information : It is not advisable to encourage a friend with an eating disorder to eat. This may increase feelings of powerlessness and anxiety at meals. Remarks about your friend's weight, no matter what his or her body size or shape, are to be avoided. Not only do these types of remarks reinforce standards of beauty and appearance-related pressure, they may provoke problematic behaviour in a person with an eating disorder. You can find out more about eating disorders and the most helpful attitudes to take on the websites of ANEB and the Maison l'Éclaircie.

Question seven.

TRUE.

Additional information : For people living with eating disorders, mealtimes are a source of stress. As a result, people with eating disorders may find excuses to avoid meals with other people. This avoidance behaviour can lead to isolation. In addition, people with eating disorders often feel their friends and family don't understand them. This alone will make them turn inward and keep their thoughts and feeling to themselves. The result is isolation.



The different eating disorders

ANOREXIA

- Restriction of food intake leading to very low body weight relative to age, sex, development stage and physical health;
- An intense fear of gaining weight that is not relieved by weight loss (weight loss can sometimes even increase preoccupation with body image and food) ;
- A distorted body image;
- Use of risky methods to control weight, such as drastic diets, fasting, purging, laxatives and excessive exercising;
- Possible consequences: extreme tiredness, slowing of metabolism, intense preoccupation with food and weight, isolation, etc.

BULIMIA

- Compulsive eating involving rapid ingestion of large amounts of food, far more than most people would eat in similar circumstances over a similar period of time, often occurring in secret and accompanied by shame and guilt;
- A sense of loss of control over eating behaviour during these episodes;
- Compensatory behaviours (self-induced vomiting, misuse of diuretics and/or laxatives, excessive exercise and fasting) following the compulsive eating ;
- Self-esteem unduly affected by body weight and shape;
- Possible consequences: shame, guilt, dental problems, edema, gastrointestinal problems, etc.

BINGE-EATING DISORDER

- Episodes of compulsive eating involving rapid ingestion of large amounts of food, far more than most people would eat in similar circumstances over a similar period of time, often occurring regularly;
- No compensatory behaviours ;
- Great suffering, shame and a feeling of loss of control over eating behavior;
- Obsession with food;
- Possible consequences: isolation, feelings of guilt and shame, obesity, high cholesterol, etc.

