EATING DISORDERS
recognition and prevention

What are eating disorders?

Eating disorders are serious illnesses that disturb the way people deal with food and their relationship with their own bodies.

- Anorexia involves severe weight loss, fear of gaining weight, and strict control of food intake.
- Bulimia involves binge eating and compensatory behaviors like excessive exercise, fasting, or self-induced vomiting.
- Binge Eating Disorder involves eating large amounts of food, feeling a loss of control, and experiencing negative emotions afterward.
- Mixed forms of eating disorders can occur when symptoms don't fit the criteria for a specific diagnosis.
- Obesity is a medical condition associated with high body weight and can lead to various health problems.

Diagnosis and treatment

Seeking medical and psychotherapeutic help is important for diagnosis and treatment.
Prevention of eating disorders can involve building self-esteem, healthy eating habits, and positive family relationships.

Role of parents in prevention

- Being good role models
- Strengthening self-esteem through praise and affection
- Having conversations and showing closeness
- Supporting self-determined eating habits
- Cooking and eating together often
- Avoiding ready meals and fast food
- Not using food for comfort or rewards
- Preventing exposure to harmful online content

And also...

Focus on identity development and self-confidence
Importance of healthy eating habits
Caloric intake should not fall below the basal metabolic rate to prevent pathological eating behaviors.