

Anorexia and Bulimia Warning Signs

Anorexia Nervosa

- ✓ Obsession for thinness with self-imposed starvation

Warning Signs

- ▶ Fear of weight gain
- ▶ Large weight loss in a short time span
- ▶ Eat tiny portions, refuse to eat, and/or deny they are hungry
- ▶ Excuses to avoid meals
- ▶ Talk about food all the time
- ▶ See themselves as fat even when very thin
- ▶ Exercise excessively
- ▶ Depression, isolation
- ▶ Develop fine, downy hair on their arms
- ▶ Usually an over achiever, perfectionist or model child

Bulimia Nervosa

- ✓ Repeated episodes of binge eating with feelings of lack of control that may be followed by purging (using vomiting, laxatives, or diuretics to avoid weight gain).
- ✓ While those with anorexia are always thin, individuals with bulimia nervosa may be normal or overweight.

Warning Signs

- ▶ Preoccupation with food and calories
- ▶ Secret eating, hoarding food
- ▶ Feeling of being out of control
- ▶ Bathroom trips immediately after eating
- ▶ Eating of enormous meals without weight gain
- ▶ Binge eating, then purging by vomiting, laxatives, diuretics, fasting or diet pills
- ▶ Dental problems from acid on the teeth

What School Food Service Personnel Can Do

- ✓ Know appropriate resources for referral
- ✓ Use flyers, pamphlets and posters to inform students
- ✓ Provide accurate nutrition information and education concerning weight control and maintenance
- ✓ Recognize individual potential in all students

Adapted from: Mirror Mirror A Resource Guide For Helping Adolescents Develop a Positive Body Image and Maintain a Healthy Weight. National Livestock and Meat Board, 444 North Michigan Avenue, Chicago, Illinois.