

# Facilitator Guide



club  
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Be Heard... Be Hope

## Eating Disorders

### Remember Your Job as Peer Ambassador:

- Make sure you display the meeting conversation **GROUND RULES** and cover them. This is the 4th slide in your PowerPoint Topic Awareness Presentation.
- You have 20 minutes for your group discussion. Elect a **timekeeper** who tells you when you have 5 minutes remaining.
- Your job is to keep the meeting focused and on track given the time allotted.
- Your job is to ensure that most discussion questions are covered and that **EVERYONE** who feels comfortable can contribute to the conversation.
- All opinions and points of view are accepted.
- Remember, based on personal experience, some people may get very emotional.
- Show **EMPATHY** with kindness in the tone of your voice.
- When people talk, try to help them stay on topic.

**Slide 1:** Introduce yourself and welcome members.

**Slide 2:** The topic we are covering today is Eating Disorders.

**Slide 3: READ SLIDE: REVIEW MEETING AGENDA**

**Slide 4: STATE:** Before we start let's go over these ground rules:

- No phone use, please
- No side conversations
- All opinions accepted
- It's important to share
- Try to stay on topic

**Slide 5:** Let's begin our meeting with our clubhope™ Affirmation. Let's say the Affirmation out loud together.

- We respect and honor all opinions and feelings.
- It is okay not to talk but all are encouraged to participate when ready.
- No one is judged, we show respect and empathy for each other.
- No one is perfect, we all face problems, and we try to improve our situation one day at a time.
- I may come to learn that others are dealing with the same issue I face.
- It is understandable that some of us possess untold truths about the way we feel and what we have experienced.
- We gather to have meaningful conversations to recognize we are not alone.
- Seeking professional support can help me, there is no shame in asking for help.
- We want to help others and ourselves.
- Be Heard . . . Be Hope

### Slide 6: What Are Eating Disorders?

- Eating disorders are serious conditions related to persistent, negative, eating behaviors that impact health, emotions, and the ability to function in important areas of life
- The most common eating disorders are anorexia nervosa, bulimia nervosa, and binge-eating disorder
- They affect all genders, races, and ethnicities

### Slide 7: Most Eating Disorders Involve:

- Focusing too much on weight, body shape, and food which can lead to dangerous eating behaviors
- The body's ability to get appropriate nutrition can be significantly impacted by dangerous eating behaviors
- Eating disorders can harm the heart, digestive system, bones, teeth, and mouth, and lead to other diseases
- Eating disorders often develop in the teen and young adult years but can develop at any age
- With treatment, one can return to healthier eating habits and sometimes reverse serious complications caused by the eating disorder

### Slide 8: Types of Eating Disorders and Symptoms:

#### Anorexia Nervosa

Typically called anorexia, this is a serious, potentially life-threatening eating disorder characterized by unusually low body weight, extreme fear of gaining weight, and a distorted perception of weight or shape. People with anorexia go to great lengths to control their weight and shape, which often significantly interferes with their health and life activities.

#### Anorexia Symptoms

- Excessively limit calories or use other ways to lose weight
- Excessive exercise
- Use of laxatives or diet aids
- Vomiting after eating

**\*These efforts in weight reduction can cause serious health problems and even lead to the point of deadly starvation.\***

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### Slide 9: Types of Eating Disorders and Symptoms Continued:

#### **Bulimia Nervosa**

Typically referred to as bulimia, this is a serious, potentially life-threatening eating disorder. People with bulimia have episodes of bingeing and purging and they feel a lack of control over what they are eating. Many also restrict their eating during the day, which often leads to more binge eating and purging. Those who have bulimia, are probably preoccupied with body shape and weight. They might also judge themselves harshly for their perceived flaws even though they may be at a normal weight.

#### **Bulimia Symptoms**

- Restricting food consumption
- Eating large amounts of food within a short time (binging)
- After bingeing, trying to rid oneself of the extra calories by purging (vomiting), excessively exercising, or using laxatives

#### **Binge-eating Disorder**

Those who have a binge-eating disorder, regularly eat too much food (binge) and feel a lack of control over their eating.

### Slide 10: Types of Eating Disorders and Symptoms Continued:

#### **Binge-eating Symptoms**

- Eat quickly or eat more food than intended even without being hungry
- Continue to eat even long after being uncomfortably full
- After a binge, one may feel guilty, ashamed, or disgusted by eating so much but they do not try to compensate for this behavior with excessive exercise or purging like someone with bulimia or anorexia might do
- One may eat alone to hide their bingeing
- A new round of bingeing usually occurs at least once every week
- Binge-eaters may be at the normal weight for their height, overweight, or obese

#### **Avoidant/Restrictive Food Intake Disorder**

This disorder is characterized by failing to meet the minimum daily nutrition requirements for the following reasons:

- No interest in eating
- Avoiding food with certain sensory characteristics, such as color, texture, smell or taste
- Being concerned about the consequences of eating, such as fear of choking
- Food is not avoided because of fear of gaining weight

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This disorder can result in significant weight loss or failure to gain weight in childhood, as well as nutritional deficiencies that can cause health problems.

### Slide 11: Who is at risk for eating disorders?

- Eating disorders can develop at any age
- They affect all genders, races, and ethnicities
- It is a myth that eating disorders mostly affect girls and women
- Boys and men are equally at risk

**Certain factors may make one more prone to developing an eating disorder, such as:**

- Family history of eating disorders, addiction, or other mental health issues, such as depression
- A history of trauma (physical, emotional or sexual)
- Personal history of anxiety, depression, or obsessive-compulsive disorder (OCD)
- History of dieting

**Other factors include:**

- Diabetes (up to one-fourth of women with Type 1 diabetes develop an eating disorder)
- Involvement in activities that focus on a slender appearance, such as modeling, gymnastics, dancing, swimming, wrestling, and running
- Major life changes, such as starting a new school or job, a divorce, or a move
- Perfectionistic tendencies

### Slide 12: Treatment for Eating Disorders

- It is important to seek treatment early for eating disorders
- People with eating disorders are at higher risk for suicide and medical complications
- People with eating disorders can often have other mental disorders (such as depression or anxiety) or problems with substance use
- Complete recovery is possible

Treatment plans are tailored to individual needs and may include one or more of the following:

- Individual, group, and/or family psychotherapy
- Medical care and monitoring
- Nutritional counseling
- Medications

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### Slide 13: Group Discussion

**FACILITATE GROUP DISCUSSION (LOOK AT CLOCK TO DETERMINE HOW MUCH TIME YOU HAVE - THIS DISCUSSION IS SLATED FOR 20 MINUTES)**

**Slide 14:** We had some great conversations on today's Topic Awareness Presentation. Please be sure to follow clubhope™ on Instagram.

**Slide 15:** COVER: (ANY CLUB FUNDRAISER, BUSINESS OR OTHER ACTIVITIES. ASK FOR VOLUNTEERS. WRITE DOWN WHO IS DOING WHAT AND BY WHEN.)

STATE: DATE AND TIME OF NEXT CLUB MEETING.

**Slide 16:** Thank you for today!

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