

## Beat eating disorders

A healthy attitude helps you to choose healthy eating habits. It is healthy to watch what you eat and get regular physical activity. On the other hand, it is NOT healthy to worry all the time about your weight and what you eat.

- **Bulimia** is binge eating along with fasting or vomiting on purpose. This can cause weight to go up and down.
- **Anorexia nervosa** is a serious, potentially life-threatening eating disorder defined by self-starvation and excessive weight loss.

Most people who have eating disorders are in their teens or are young adults. Symptoms can appear in younger children, too. Girls are affected by eating disorders more often than boys.

Parents should look for these symptoms:

- Weight loss
- Difficulty getting your child to join you for meals
- Increase in activities to lose weight
- Signs of being unhappy with themselves

Healthy ways of thinking about food come with accepting yourself. Parents can help boost kids' feelings of self-worth by letting them know about the things they do well. If you suspect an eating disorder, help is available. Talk with your health care provider. He or she may want you and your child to see a dietitian. He or she can help you pick healthy foods. Individual and family counseling also can be very helpful.



## What does your health care provider mean?

When you hear these words, it is important to know what they actually mean.

If you hear...	It really means...
Preventable	Something you can stop from happening
Fatigue	A feeling of being tired, weak or exhausted
Obese	An excess of body weight that may harm your health

Remember — if you hear words you do not understand, always ask for an explanation.