Chapter 4

"Eating is a Cultural Affair" — Eating Disorders

pp. 111-112
different cultures have different ideals of beauty, ideal body image, . . . and rates of eating disorders . . .
In some—maybe even many—a culture’s fatness is valued as a sign of wealth, and thinness as evidence that women are poor and undernourished

*The Cultural Feast, 2nd ed.*, p. 105
but things are changing around the world as globalization sets in . . .
Health

'TV brings eating disorders to Fiji'

The traditional Fijian form is a "robust, well-muscled body" Fiji, a nation that has traditionally cherished the fuller figure, has been struck by an outbreak of eating disorders since the arrival of television in 1995, a study has shown.

http://news.bbc.co.uk/2/hi/health/347637.stm
Fijian girls succumb to Western dysmorphia

By Corydon Ireland
Harvard News Office

In 1982, Harvard Medical School psychiatrist Anne E. Becker was still an undergraduate at Radcliffe when she traveled to Fiji for a summer of anthropology fieldwork.

What struck her about this South Pacific island nation — and has in many research trips since — was “the absolute preoccupation with food and eating,” she said. “Family and social life really revolve around food. ... It’s all about food, all the time.”

In a March 11 lecture at Radcliffe Gymnasium, Becker described “the rhetoric of encouragement” older women use to draw passersby into lavish meals. Afterwards, she said, eaters “unbutton, they unzip, they just lie down where they are. ... That’s a good meal in Fiji.”

The centrality of food, in part, is a cultural artifact of a traditional economy based on the shifting fortunes of subsistence agriculture. Who knew when the next run of fish would come, or how good the crops would be?

So prosperity has traditionally been associated with food, and with hefty figures. In women especially, Fijians “appreciate large, robust bodies,” said Becker.

Related links
Male body image: East doesn’t

http://www.news.harvard.edu/gazette/2009/03.19/11-dysmorphia.html
Study Finds TV Alters Fiji Girls' View of Body

By ERICA GOODE
Published: Thursday, May 20, 1999

"You've gained weight" is a traditional compliment in Fiji, anthropologists say.

In accordance with traditional culture in the South Pacific nation, dinner guests are expected to eat as much as possible. A robust, nicely rounded body is the norm for men and women. "Skinny legs" is a major insult. And "going thin," the Fijian term for losing a noticeable amount of weight, is considered a worrisome condition.

But all that may be changing, now that Heather Locklear has arrived.

Just a few years after the introduction of television to a province of Fiji's main island, Viti Levu, eating disorders — once virtually unheard of there — are on the rise among girls, according to a study presented yesterday at the American Psychiatric Association meetings in Washington. Young girls dream of looking not like their mothers and aunts, but like the slender stars of "Melrose Place" and "Beverly Hills 90210."
Television link to eating disorders

The problem has also been identified in the West

Doctors say they have found further evidence to suggest television programmes encourage eating disorders among teenage girls.

It follows a major study examining the impact of the introduction of television in two towns in the Pacific islands of Fiji.

http://news.bbc.co.uk/2/hi/health/2018900.stm
Eating disorders rise in Zulu women

Girls want to look thinner and more fashionable

The eating disorders, anorexia and bulimia are often considered white, western illnesses.

But concerns are mounting in South Africa as the number of eating disorder cases reported amongst black women is on the rise.
Anorexia takes hold in India

Most people in India struggle to get enough to eat - one estimate is that 60% of India's women are clinically malnourished.

But psychiatrists in urban areas are reporting cases of anorexia nervosa, the so-called slimming disease that can cause sufferers to starve themselves to death.

In a country where many go hungry, anorexia is unknown to most.

Most people in India have still not heard of the condition but Delhi psychiatrist Sanjay Chugh says he has seen an explosion in anorexia cases over the past few years.
cultural notions about ideal body size and shape have important implications for the public’s health

The Cultural Feast, 2nd ed., p. 105
and they’re changing worldwide
• The Obesity Epidemic
• Disordered Body Image and Eating Behaviors

**Eating Disorders**

• *Anorexia nervosa*
• *Bulimia nervosa*
• Binge eating
• *Orthorexia nervosa*
• Selective Eating Disorder (SED)
• Pica
• Others

• What Causes Eating Disorders?
• Applications
• The Obesity Epidemic
• Disordered Body Image and Eating Behaviors

• Eating Disorders
  • Anorexia nervosa
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• What Causes Eating Disorders?
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Chapter 4: “Eating is a Cultural Affair” — Body Image and Health

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- Applications
Anorexia nervosa and related eating disorders are classic examples of the relationship between culture and biology . . .

between “nurture” and “nature” . . .
teenage girls, dancers, wrestlers, skaters, gymnasts, and other competitive athletes, homosexual men, and men and women in the military have higher-than-average rates of eating disorders.

The Cultural Feast, 2nd ed., p. 112
Jockeys 'at risk' from eating disorders

Dan Whitworth
Newsbeat reporter

Some of the country's top jockeys are putting themselves at risk of eating disorders because of the pressure to get thin to help win races.

They say it is common for them to use saunas too much and skip meals too often - all to lose that extra bit of weight that might make all the difference during a race.
but eating disorders occur in all segments of society . . .

*The Cultural Feast, 2\textsuperscript{nd} ed., p. 112*
Professor, 49, died from anorexia

A senior university lecturer weighed less than five stone when she died from an eating disorder, an inquest heard.

Prof Rosemary Pope, pro-vice chancellor at Bournemouth University with a background in health and psychology, died as a result of anorexia nervosa.

Her weight had dropped to 4st 10lb (30kg) when she was found dead at home in Sandy Mead Road on 21 March.

East Dorset coroner Sheriff Payne recorded a verdict of death by natural causes contributed to by self neglect.
Professor, 49, died from anorexia

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Her weight had dropped to 4st 10lb (30kg) when she was found dead at home in Sandy Mead Road on 21 March.

East Dorset coroner Sheriff Payne recorded a verdict of death by natural causes contributed to by self neglect.

Professor Pope was also a trustee of the General Nursing Council Trust.

http://news.bbc.co.uk/2/hi/uk_news/england/dorset/7360470.stm
Professor, 49, died from anorexia

and Professor Pope was one of the highest ranking nurses in Great Britain

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Broadcaster admits eating disorder

By Chris McCluskey

Former deputy Prime Minister John Prescott recently confessed to suffering from the eating disorder bulimia.

He said he had suffered in misery and in silence for 10 years because of the shame of being a high-profile man with the illness.

He said: "I found it difficult to admit that I suffered from bulimia - the doctors told me that it was probably due to stress."

http://news.bbc.co.uk/2/hi/health/7373846.stm
John Prescott was a deputy Prime Minister of Britain.
Watch: Men get eating disorders too
Richard Webb from Walsall and Adam Rhodes from Derby both have eating disorders and are patients at The Woodbourne Priory in Edgbaston. BBC WM's Nadine Towell went to meet them. Click the link, below, to watch the video.

When we talk of eating disorders like anorexia and bulimia we often assume that it's a female problem. But a recent study's revealed that at least ten per cent of people with eating disorders are male. And it seems the number of cases being diagnosed in the West Midlands and beyond is constantly rising.
it’s not a pretty picture

http://health.taragana.net/articles/neda-launches-star-program-to-support-people-suffering-from-eating-disorders/
and help is being offered now to many groups . . .
Site for men with food disorders

A Brighton man has set up a self-help and support website for men affected by eating disorders.

Sam Thomas, 23, set out to help others after enduring years of eating problems which he claims were brought on by being bullied as a teenager at school.

He said there were many support groups and websites for women, but his website was aimed solely at helping men.

The group wants better treatment for men with eating disorders

http://news.bbc.co.uk/2/hi/uk_news/england/sussex/7978845.stm
One afternoon during a face-to-face class a police officer and two people from the UMD health clinic arrived at the door of our classroom, Cina 214.

They came to get the girl that sat by the window, in the second seat from the lectern.

They came to tell her that her roommate died.
Her roommate died, of anorexia, in the hospital, after a long time of having the medical staff struggle to keep her alive.

The student who died was a poplar student.

Lots of people knew her as she worked in the UMD Bookstore.

And basically watched her slowly die.
You probably know someone battling with anorexia nervosa.
You probably know someone battling with anorexia nervosa.

Most people in America do . . .
You probably know someone battling with anorexia nervosa.

Most people in America do . . .

or someone with a related eating disorder problem . . .
R.I.P.
Beth Kwapik
Secretary
Sociology -Anthropology Department
University of Minnesota Duluth
R.I.P.
Beth Kwapik

Beth died from complications arising from having her stomach “stapled”
R.I.P.
Beth Kwapik

I found it difficult to believe that she even though about such a thing as having her stomach “stapled”
more people than you might suspect are "Dying to be Thin"

Eating disorders affect more than half of U.S. population

Goal of awareness week is for students to understand how body image relates to health

Aleks Cherednichenko

Issue date: 2/26/08  Section: News

Almost 8 million Americans suffer from an eating disorder like anorexia, bulimia and binge eating disorder. OSU is helping spread awareness of this mental illness by observing National Eating Disorder Awareness Week. Eating disorders have the highest mortality rate of any mental illness, with only one in 10 people receiving treatment for the disease.
Eating disorder facts

INCIDENCE
- Anorexia is the 3rd most common chronic illness among adolescents
- Anorexia is diagnosed equally amongst all ethnic groups

DEADLY DISEASES
- Eating disorders have the highest mortality rate of any mental illness
- 20 percent of people suffering from anorexia will prematurely die from complications related to their eating disorder, including suicide and heart problems

TREATMENT
- Only 1 in 10 people with eating disorders receive treatment
- About 80 percent of Americans who do seek treatment for eating disorders do not receive adequate treatment
- Treatment of an eating disorder costs from $500 to $2,000 per day
- Health insurance companies do not typically cover the cost of treating eating disorders

Source: South Carolina Dept. of Mental Health

304 million Americans...
- 7 million women, 1 million men have an eating disorder
- 152 million people know people with an eating disorder

8 million with disorders...
- 35% of anorexics make full recoveries
- 7.5% of anorexics die within 10 years
- 19% of anorexics die within 20 years

Big rise in teenage girls admitted to hospital with anorexia

By Jane Kirby

Wednesday, 18 February 2009

The number of girls of 16 and under admitted to hospital with anorexia has jumped by 80 per cent over the past 10 years, figures released by the NHS yesterday show. The data was revealed in a parliamentary answer by the Department of Health.

Susan Ringwood, chief executive of the UK eating disorder charity Beat, said the rise in admissions could be due to girls not receiving treatment early enough and were being left until they were very seriously ill. She said: “We think these figures are very shocking. But we don’t know, and the Government doesn’t know because the data isn’t collected, how many people have a diagnosis of an eating disorder.”
Anorexia nervosa, is self-induced starvation and a phobia of gaining weight . . .

- found in ca. 1% of female adolescents in the U.S.
- and percentage estimates are even higher for teen girls from middle- and upper-class Euro-American families

(Mehler 1996)

The Cultural Feast, 2nd ed., p. 111
Girls aged seven 'have anorexia'

Girls as young as seven or eight have been treated at Great Ormond Street hospital for eating disorders, a senior consultant has confirmed.

Dr Jon Goldin said cases of anorexia and related conditions were "very rare" in such young children, but had been seen over 20 years at the hospital.

But he told the BBC News website it would be simplistic to blame all eating disorders on thin catwalk models.

There have been calls for a ban on "too thin" models at London Fashion Week.

http://news.bbc.co.uk/2/hi/uk_news/england/london/5360768.stm
Anorexia Nervosa is an eating disorder where the individual refuses to maintain normal body weight. About eight million people are afflicted with eating disorders including anorexia, bulimia and binge disorder.

Onset of eating disorder

- 10% Ages 10 or younger
- 14% After 20
- 43% Ages 16 to 20
- 33% Ages 11 to 15

Duration of illness

- 1 to 5 years: 30%
- 6 to 10 years: 31%
- 11 to 15 years*: 16%

One in 10 are male

Treatment

Half report being cured though many continue to display traits of the disorder. An estimated six percent die.

* In 23 percent the duration can be longer

SOURCE: National Association of Anorexia Nervosa and Associated Disorders

http://hubpages.com/hub/eating-disorder
Eating disorder in six-year-old

Eating disorders can affect children as young as six years old, the first ever national figures show.

Over 13 months, 206 children under 12 years were treated for an eating disorder in Britain and Ireland - including one six-year-old girl.

Half of the children had to be admitted to hospital and 45% had exercised excessively to keep their weight down.

The figures will be presented at the Royal College of Paediatrics and Child Health annual meeting.

Eating disorders commonly affect adolescents and young adults but until now it has been unclear how many young children are diagnosed and treated.
Researchers at the British Paediatric Surveillance Unit asked 2,600 psychiatrists and paediatricians how many eating disorders they had diagnosed in children aged five to 12 years.

From the results they estimated that 3.5 children in every 100,000 in the UK are treated for an eating disorder, including anorexia, bulimia and binge eating.

Around 18% of cases identified were seen in boys, which is a higher proportion than in older age groups.

At the extreme end of the spectrum, one six-year-old girl presented to a paediatrician with food avoidance, excessive exercising and fear of weight gain but had not been diagnosed with anorexia because she was not severely underweight.

The youngest child to be diagnosed with anorexia was eight years old.

"Children get sicker quicker, often they stop eating and drinking at the same time and because they are small they show signs of starvation very quickly."

Dr Dasha Nicolls

http://news.bbc.co.uk/2/hi/health/6498345.stm
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10-year-olds have eating disorder

Children as young as 10 in Northern Ireland are suffering from anorexia and bulimia, according to the Eating Disorders Association.

The statistics were revealed amid concern about the role certain websites are playing in promoting the illnesses.

Health Minister Michael McGimpsey is to speak to internet providers after the issue was raised by MLA Tom Elliot.

The Eating Disorders Association said anorexia and bulimia were on the increase in Northern Ireland.

Spokesperson Jackie King said: "We are seeing young people coming into the centre with their parents and they are still only at primary school.

"They haven’t even started to develop into a young adult and they are not going to because this illness robs them of that."
Eating disorder guidelines issued

New guidelines aimed at improving the care of people with eating disorders have been issued by the health service watchdog.

NHS Quality Improvement Scotland has set out treatment plans for conditions such as anorexia and bulimia.

It has also made recommendations for treating teenagers and warned about inaccurate information on the internet.

Campaigners have welcomed the guidelines but called for greater funding.

The guidelines will have to be followed by GPs and hospitals.

More than 80,000 people in Scotland are believed to suffer from eating disorders.

http://news.bbc.co.uk/2/hi/uk_news/scotland/6153016.stm
"I have been making myself sick since I was 13, I am now 17...it controls my life and I can't stop. I don't want help. It's my life."

You have to be a very hard hearted editor not to be deeply moved by the Radio 1 audience’s struggle with eating disorders and body image. No-one who has any contact with teenagers or early 20-somethings can fail to understand how large this looms as an issue: it destroys lives - and frankly, it doesn’t get much news coverage.

The number of young people being admitted to hospitals for problems related to Anorexia has gone up 80% in 10 years, according to NHS figures for England. Three times as many 12-year-olds are now getting help for the condition.

http://www.bbc.co.uk/blogs/theeditors/2009/02/body_image.html
Binge eaters 'not getting help'
Experts believe over-eating may be a bigger problem than either anorexia or bulimia
Anorexia nervosa, self-induced starvation and a phobia of gaining weight . . .

• although still relatively rare, some believe the problem of anorexia is becoming more common among teen boys

(Mehler 1996)

The Cultural Feast, 2nd ed., p. 111
Although self-induced starvation has been reported for centuries, it was rarely associated with a fear of being fat.

- some religious aesthetics, for e.g., fasted to express their religiosity
- Chinese Taoists and others fasted to extend their longevity, separate themselves from the mundane world, and encourage mystical experiences

(Rieger et al. 2001)

The Cultural Feast, 2nd ed., p. 111
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(Rieger et al., 2001) The Cultural Feast, 2nd ed., p. 111
Anorexia mirabilis literally means "miraculous lack of appetite". It refers almost exclusively to women and girls of the Middle Ages who would starve themselves, sometimes to the death, in the name of God. The phenomenon is also known by the name "inedia prodigiosa" (a great starvation). [1]
Differences from *anorexia nervosa*

*Anorexia mirabilis* differs from the more modern, well-known *anorexia nervosa* in several distinct ways.

In *anorexia nervosa*, people usually starve themselves to attain a level of thinness, as the disease is associated with body image distortion. By contrast, *anorexia mirabilis* was frequently coupled with other *ascetic* practices, such as lifelong *virginity*, *flagellant* behavior, the donning of *hairshirts*, sleeping on beds of thorns, and other assorted self-mutilations. It was largely a practice of *Catholic* women, who were often known as "miraculous maids".

Until recently, plumpness was a clear sign of affluence, and emaciation either a sign of poverty, ill health, or both. Women did not typically begin depriving themselves of food for outer beauty until the *Victorian era*, they did however starve themselves for spiritual fulfillment.

Catherine of Siena

http://en.wikipedia.org/wiki/Anorexia_mirabilis
Although self-induced starvation has been reported for centuries, it was rarely associated with a fear of being fat

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_The Cultural Feast, 2nd ed., p. 111_
道教

Buddha. 2-3th century CE. British Museum

http://en.wikipedia.org/wiki/Buddhism
Jain fasting

Main article: Fasting in Jainism

Fasting is a tool for doing Tapa and to attach to your inner-being. It is a part of Jain festivals. It is three types based on the level of austerity; Uttam, Madhyam and Jaghanya; first being the most stringent:

1. Uttam: Renounce all worldly things including food & water on the day of fasting and eat only once on the eve & next day of fasting.

2. Madhyam: Food & water is not taken on the day of fast.

3. Jaghanya: Eat only once on the day.

During fasting a person immerses himself in religious activities (worshiping, serving the saints & be in their proximity, reading scriptures, Tapa, and donate to the right candidates - Supatra).

Most Jains fast at special times, like during festivals (known as Parva. Paryushana and Ashtanthika are the main Parvas which occurs 3 times in a year), and on holy days (eighth & fourteenth days of the moon cycle).
Palitana Tirtha, India

Although self-induced starvation has been reported for centuries, it was rarely associated with a fear of being fat.

These forms of fasting appear to differ significantly from the type found in Western societies today.

(Rieger et al. 2001)

_The Cultural Feast, 2nd ed., p. 111_
Anorexia is a devastating disease
the anorexic may lose between 15% and 60% of her normal body weight, losing significant amounts of muscle as well as fat.
signs of chronic starvation appear . . .

The Cultural Feast, 2nd ed., p. 112
signs of chronic starvation appear . . .

- menses stop
- a covering of soft hair appears on the skin
- the heart rate slows
- she feels cold even in warm surroundings

*The Cultural Feast, 2nd ed., p. 112*
• excessive exercise combined with anorexia often leads to joint problems, especially in dancers and athletes
• the skin may become dry and scalp hair thin
• the stomach is often bloated
• memory may become impaired
• thinking may become confused

The Cultural Feast, 2nd ed., p. 112
Anorexia can cause . . .

*The Cultural Feast, 2nd ed.*, p. 112
Anorexia can cause . . .

- kidney failure
- serious gastrointestinal problems
- abdominal pain
- neurological complications
- hormonal imbalance
- osteoporosis

*The Cultural Feast, 2nd ed.*, p. 112
Anorexia can cause . . .

- serious heart problems
- blood disorders
- brain damage
- a permanent reduction in stature
- psychological trauma
- loss of self-esteem

*The Cultural Feast, 2nd ed.*, p. 112
between 4% and 20% die . . .

*The Cultural Feast, 2nd ed.*, p. 112
between 4% and 20% die . . .

• usually from heart failure or suicide

*The Cultural Feast, 2nd ed.*, p. 112
Anorexia Nervosa is an eating disorder where the individual refuses to maintain normal body weight. About eight million people are afflicted with eating disorders including anorexia, bulimia and binge disorder.

### Onset of eating disorder

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- 33% Ages 11 to 15
- 43% Ages 16 to 20
- 14% After 20

### Duration of illness

- 1 to 5 years: 30%
- 6 to 10 years: 31%
- 11 to 15 years*: 16%

* In 23 percent the duration can be longer.

### One in 10 are male

### Treatment

Half report being cured though many continue to display traits of the disorder. An estimated six percent die.

SOURCE: National Association of Anorexia Nervosa and Associated Disorders

http://hubpages.com/hub/eating-disorder
be aware of the signs and criteria for diagnosing anorexia nervosa . . .
Criteria for Diagnosis of Anorexia . . .

1. refusal to maintain normal body weight
2. intense fear of gaining weight or becoming fat, even though underweight . . . or the denial of the seriousness of the current low body weight
3. disturbance in the way in which one’s body weight or shape is experienced
4. amenorrhea in females past puberty
   (the absence of at least three consecutive menstrual cycles)

*The Cultural Feast, 2nd ed., p. 111*
Two types of Anorexia include . . .

1. Restricting type
   • the person does not regularly engage in binge eating or purging behavior

2. Binge eating / purging type
   • the person does regularly engages in binge eating or purging behavior

*The Cultural Feast, 2nd ed., p. 111*
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Bulimia nervosa . . . purging by vomiting or the use of laxatives and diuretics

The Cultural Feast, 2nd ed., p. 112
Bulimia nervosa . . .

. . . is far more common than anorexia

• reported by ca. 3% of women and 10% of female college students

*The Cultural Feast, 2nd ed., p. 112*
Bulimia nervosa . . .

. . . usually starts in early adolescence when youth try to restrict their diets fail, binge, and then purge.

*The Cultural Feast, 2nd ed.*, p. 112
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Binge eating . . .
. . . often start with relative small amounts of food (from 100-1000 calories)
but may go up to over 5,000 calories in just a few hours

The Cultural Feast, 2nd ed., p. 112
... binges are followed by vomiting and use of laxatives, diet pills, and / or drugs to reduce water retention

The Cultural Feast, 2nd ed., p. 112
Bulimia nervosa . . .

. . . bulimics average ca. 14 binge-purging episodes a week . . .

. . . with some vomiting as many as four times a day . . .

*The Cultural Feast, 2nd ed.*, p. 112
Bulimia nervosa . . .

- victims usually develop severe tooth decay from destruction of the tooth enamel by the acid in their vomit
- the strain of vomiting can break blood vessels in their eyes
- gums may become diseased
- pimples or rashes may break out on the face

*The Cultural Feast, 2nd ed.*, p. 112
Other health problems include . . .

- a constant sore throat
- swollen glands near the cheeks
- liver, heart, and kidney damage
- dehydration
- stomach rupture

_The Cultural Feast, 2nd ed., p. 112_
Bulimia nervosa . . .

. . . binges are followed by vomiting and use of laxatives, diet pills, and / or drugs to reduce water retention

(Rieger et al. 2001)

The Cultural Feast, 2nd ed., p. 112
be aware of the signs and criteria for diagnosing *Bulimia nervosa* . . .
Criteria for Diagnosis of Bulimia . . .

1. recurrent episodes of binge eating
   • eating an amount of food that is definitely larger than most people would eat during that same time period
   • a sense of a lack of control over eating during the heavy eating episode
     • *i.e.*, the feeling that one cannot stop eating or control what or how much one is eating

_The Cultural Feast, 2\textsuperscript{nd} ed., p. 113_
Criteria for Diagnosis of Bulimia . . .

2. recurrent inappropriate compensatory behavior in order to prevent weight gain
   - self-induced vomiting
   - misuse of laxatives, diuretics, enemas, or other medications
   - excessive exercise

*The Cultural Feast, 2nd ed., p. 113*
Criteria for Diagnosis of Bulimia . . .

3. binge eating and inappropriate compensatory behaviors that both occur, on average, at least twice a week for three months

4. self-evaluation unduly influenced by body shape and weight

5. the disturbance does not occur exclusively during episodes of anorexia nervosa

*The Cultural Feast, 2nd ed.*, p. 113
Two types of Bulimia include . . .

1. **Purging type**
   - the person regularly engages in self-induced vomiting or the misuse of laxatives, diuretics, or enemas

2. **Nonpurging type**
   - the person uses other inappropriate compensatory behaviors, such as fasting or excessive exercise, but does not regularly engage in self-induced vomiting or the misuse of laxatives, diuretics, or enemas

*The Cultural Feast, 2nd ed., p. 113*
• The Obesity Epidemic
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    • Selective Eating Disorder (SED)
    • Pica
    • Others
• What Causes Eating Disorders?
• Applications
Orthorexia nervosa

From Wikipedia, the free encyclopedia

Orthorexia, or orthorexia nervosa is a term coined by Steven Bratman, a Colorado MD, to denote an eating disorder characterized by excessive focus on eating healthy foods. In rare cases, this focus may turn into a fixation so extreme that it can lead to severe malnutrition or even death.[1][2]

Bratman coined the term in 1997 from the Greek orthos, "correct or right", and orēxis for "appetite"[3]. Literally "correct appetite", the word is modeled on anorexia,

http://en.wikipedia.org/wiki/Orthorexia_nervosa
An obsession with healthy eating could be dangerous, doctors have warned. So what's it like suffering from orthorexia?

My family have accused me of having it. My friends suspect me too. After a brief resistance and some research, I'm ready to concede: "My name is David and I am mildly orthorexic."
Orthorexia nervosa is an unhealthy obsession with healthy eating. Unlike the related anorexia, sufferers are concerned not with quantity but with quality. It's not about feeling fat, but about feeling pure.

Orthorexics exhibit an over-enthusiasm for pure eating and healthy food. In moderation, of course, this can be beneficial. In extremis, however, malnutrition, extreme weight loss and even death can result.

I'm not dying, but do I have it?
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Orthorexia is a modern condition, as yet unrecognised by the medical profession. Studies are underway to see if it should be acknowledged. Dr Steven Bratman MD coined the term from the Greek 'orthos' meaning accurate and has tracked a cluster of giveaway symptoms.

http://news.bbc.co.uk/2/hi/uk_news/magazine/4389849.stm
Orthorexics prefer market stalls to checkouts

http://news.bbc.co.uk/2/hi/uk_news/magazine/4389849.stm
Chapter 4: “Eating is a Cultural Affair” — Body Image and Health

• The Obesity Epidemic
• Disordered Body Image and Eating Behaviors
• Eating Disorders
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  • Bulimia nervosa
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Selective eating disorder

From Wikipedia, the free encyclopedia

Selective Eating Disorder (SED) (also known as picky or fussy eating, or perseverative feeding disorder) is an eating disorder that prevents the consumption of certain foods. It is often viewed as a phase of childhood that is generally overcome with age. Children may not grow out of being a picky eater, however, and may continue to be afflicted with SED throughout their adult lives.

The *British Journal of Clinical Child Psychology and Psychiatry* states that:

http://en.wikipedia.org/wiki/Selective_eating_disorder
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Pica is a medical disorder characterized by an appetite for substances largely non-nutritive (e.g., clay, coal, soil, feces, chalk, paper, soap, mucus, ash, gum etc.) or an abnormal appetite for some things that may be considered foods, such as food ingredients (e.g., flour, raw potato, raw rice, starch, ice cubes, salt, blood). In order for these actions to be considered pica, they must persist for more than one month at an age where eating such objects is considered developmentally inappropriate. The condition's name comes from the Latin word for magpie, a bird which is reputed to eat almost anything. Pica is seen in all ages, particularly in pregnant women and children, most commonly in underdeveloped countries. Pica is believed to cause physical harm, including the ingestion of toxic substances. Its cause is unknown, and its treatment is typically non-specific in nature.
Examples

- Amylophagia (consumption of starch)
- Coprophagia (consumption of feces)
- Geophagy (consumption of soil, clay, or chalk)
- Hyalophagia (consumption of glass)
  - Consumption of dust or sand has been reported among iron-deficient patients.
- Mucophagia (consumption of mucus)
- Odawa (soft stones eaten by pregnant women in Kenya)\(^4\)
- Pagophagia (pathological consumption of ice)
- Self-cannibalism (rare condition where body parts may be consumed; see also Lesch-Nyhan syndrome)
- Trichophagia (consumption of hair or wool)
- Urophagia (consumption of urine)
- Vampirism (ingestion of blood)
- Xylophagia (consumption of wood)

[edit]

Chalky stone composed of kaolinite with traces of quartz ingested by a patient with pica.

http://en.wikipedia.org/wiki/Pica_(disorder)
Why Kenyan women crave stones
Zina Saro-Wiwa confesses to an unusual obsession with ice...

I think they call it pica, when you have cravings for food with absolutely no nutritional content. **My craving for around 19 of my 25 years has been for ice.** I don’t know of anyone who shares the same obsession with it as I do.

You’d be amazed how many people think it’s sexual. It really isn’t but I have wondered why I like eating it so much. I have spoken to my doctor and dentists about this habit and they all say the same thing that if I do it in moderation, there’s nothing wrong with it and that there’s nothing wrong with me and no, I’m not pregnant. I **pop cubes only once every 2 or 3 days on average, depending on where I am and access to ice-making facilities.**

http://www.bbc.co.uk/radio4/hometruths/0207zinasarowiwa.shtml
350 coins found in man's stomach

A man who was admitted to hospital in France with stomach pains was found to have swallowed 350 coins, an assortment of necklaces and some needles.

The 62-year-old, who had a history of psychiatric illness, had a swollen stomach when he was admitted. He couldn't eat or go to the toilet.

But doctors at Cholet General Hospital were astounded when they carried out an X-ray to see what was wrong.

They found a 5.5kg mass, the equivalent of a bowling ball, in his stomach.

The man's family had previously warned doctors that he had a habit of swallowing coins.
Pregnancy cravings 'on the rise'

Pregnancy cravings are much more common among modern women than previous generations, a survey suggests.

Three-quarters of those surveyed experienced a craving, compared to just 30% five decades ago.

It found a third of cravings were not for food, but items such as coal, soap, toothpaste and sponges. Ice and chocolate were also popular.

The poll of 2,231 pregnant women was carried out by the social network website gurgle.com.
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Wannarexia

From Wikipedia, the free encyclopedia

Wannarexia, or anorexic yearning, is a label applied to someone who claims to have anorexia nervosa, or wishes they did. These individuals are also called wannarexic “wanna-be ana” or "anorexic wannabe". The neologism wannarexia is a portmanteau of the latter two terms. It may be used as a pejorative term.

Wannarexia is a cultural phenomenon and has no diagnostic criteria, although some wannarexics may be instead diagnosed with eating disorder not otherwise specified (EDNOS). Wannarexia is found in teenage girls who want to be popular and is likely caused by a combination of cultural and media influences.

Dr. Richard Kreipe states that the distinction between anorexia and wannarexia is that anorexics aren't satisfied by their weight loss, while wannarexics are more likely to derive pleasure from weight loss. Many people who actually suffer from the eating disorder anorexia are angry, offended, or frustrated about wannarexia.

Wannarexics may be inspired or motivated by the pro-anorexia, or pro-ana, community that promotes or supports anorexia as a lifestyle choice rather than an eating disorder. Some participants in pro-ana web forums only want to associate with "real anorexics" and will shun wannarexics who only diet occasionally, and are not dedicated to the lifestyle full-time.

http://en.wikipedia.org/wiki/Wannarexia
Opsophagos
Opsophagos

From Wikipedia, the free encyclopedia

Opsophagos was an ancient Greek term used to describe one who exhibited a seemingly uncontrollable desire for fish. This term had extremely negative connotations, as it was a criticism not of one's tastes, but rather of one's character.

To be labeled an opsophagos was to be accused of obsessive and over-indulgent behavior, and this was no small charge in ancient Greek society, since such behavior was understood to imply the corruption of the soul. Proper humans were expected to be rational and exercise moderation, so those who could not control their desires were seen as barbaric and uncivilized.

Tales of infamous opsophagoi (plural form) depicted men who took their obsession and greed to unbelievable levels, training their bodies in various ways to be able to consume massive quantities of fish immediately after they had been prepared, ensuring that they would have the fish to themselves, since they would be the ones to take it from the sea, a practice that was deemed unspeakable. The origins of opsophagos are

http://en.wikipedia.org/wiki/Wannarexia
when I was a little boy I had a craving for
and regularly ate the burnt ends of matches

I can remember doing that . . .
when I was a little boy I had a craving for
and regularly ate the burnt ends of matches

I can remember doing that . . .

but I didn’t know until recently that the
eating of burnt matches is called
cautopyreipoophagia
I ate them plain,
without ketchup