

Gateway to Hope
UNIVERSITY
Training Program of HHCI


Lunch & Learn Webinar: Understanding Eating Disorders

PRESENTED BY
Matthew S. Stanford, Ph.D.
Chief Executive Officer
Hope and Healing Center & Institute

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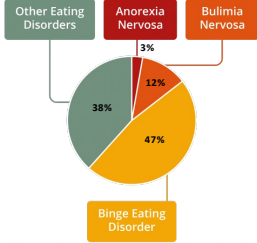
Eating Disorders

- The defining feature of the eating disorders is a **harmful preoccupation with weight, body shape, and food**, which leads to disordered and potentially dangerous eating behaviors.
- Approximately **5.5 million adults suffer with an eating disorder** in the United States every year.
- Eating disorders are three to four times **more common in women than men**.
- Eating disorder diagnoses include **anorexia nervosa, bulimia nervosa, binge eating disorder**, and other eating disorders.




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Eating Disorders

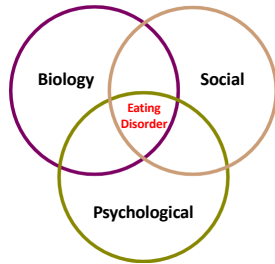


Eating Disorder	Percentage
Binge Eating Disorder	47%
Other Eating Disorders	38%
Anorexia Nervosa	12%
Bulimia Nervosa	3%



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Biopsychosocial Model



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Eating Disorder Risk Factors

Biological Factors -

- Genetics and family history.
- Perinatal factors (e.g., low birth weight, maternal smoking).
- Dysfunction in brain regions involved in reward processing and impulse control.
- Puberty and hormonal factors.
- Early history of dieting.

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Eating Disorder Risk Factors

Psychological Factors -

- Negative self-evaluation.
- Heightened perfectionism.
- Low self-esteem.
- Body dissatisfaction.
- Childhood anxiety disorder or obsessional traits.
- Depressive symptoms.
- Feelings of inadequacy.

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Eating Disorder Risk Factors

Social Factors -

- Maternal focus on weight and appearance.
- Family conflict.
- Childhood physical or sexual abuse.
- An achievement-oriented family.
- Cultural emphasis on thinness and the "perfect body".



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Anorexia Nervosa

- **Severely limited food** intake that leads to a body weight much lower than what is considered healthy for the person's age, sex, and physical condition.
- **Extreme fear of gaining weight or becoming "fat,"** even when already underweight. This fear may show up as behaviors that actively prevent weight gain.
- **Distorted view of body size or shape,** or denial of how dangerous the low body weight is to one's health.
- **Highest lifetime mortality** among psychiatric disorders (20%).



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Anorexia Nervosa

What to watch for -

- Rapid loss of weight.
- An obsessive preoccupation with weight gain or "getting fat".
- Withdrawal from friends or social gatherings.
- Compulsive food / eating rituals (extremely restricted eating).
- Hair loss.
- Fainting.
- Amenorrhea.
- Dry, scaly skin / brittle nails.
- Growth of thin white hair all over the body (lanugo).



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Bulimia Nervosa

- **Repeated episodes of binge eating**, where a person eats a large amount of food in a short period of time and feels unable to stop or control how much they're eating.
- **Unhealthy behaviors to try to "undo" the eating**, such as making themselves vomit, misusing laxatives or diet pills, fasting, or exercising too much, in an effort to avoid weight gain.
- **Self-worth is heavily tied to body weight and shape.**
- Usually **maintain a weight that appears typical for their age and height**, though some may be underweight or overweight.



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Bulimia Nervosa

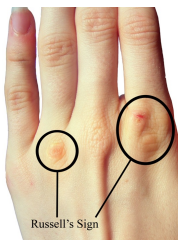
What to watch for -

- Excessive, rigid exercise regimen.
- An obsessive preoccupation with weight gain or "getting fat".
- Withdrawal from friends or social gatherings.
- Hoarding of food in strange places.
- Calluses, scarring, or abrasions on the back of the hands and knuckles from self-induced vomiting (Russell's sign).
- Tooth erosion.
- Gastrointestinal problems (e.g., constipation, heartburn, reflux).
- Chronically inflamed and sore throat.
- Bad breath.



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Bulimia Nervosa



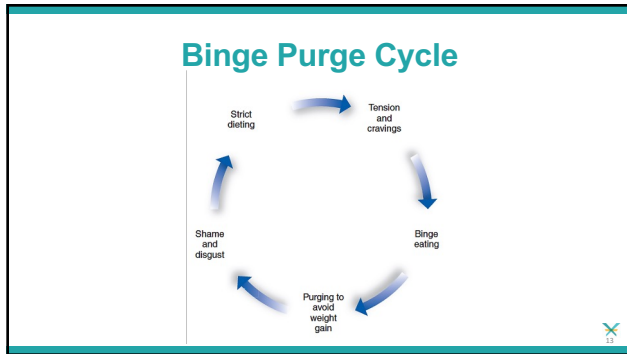
Russell's Sign



Tooth erosion and mouth ulcers



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Binge Eating Disorder

- **Frequent episodes of eating large amounts of food in a short period**, often accompanied by a feeling of being out of control during the episode.
- **Binge episodes are linked to emotional distress**, such as shame, guilt, or depression, and are often done in secret.
- Individuals with BED **do not regularly use behaviors like vomiting, fasting, or excessive exercise** to “make up” for the binge eating.
- BED can affect people of all body sizes, but about **65% of those diagnosed are classified as obese**.

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Binge Eating Disorder

What to watch for -

- Noticeable fluctuations in weight, both up and down.
- Evidence of binge eating (e.g., food wrappers).
- Gastrointestinal problems (e.g., constipation, heartburn, reflux).
- Withdrawal from friends or social gatherings.
- Hoarding of food in strange places.
- Avoids eating in public or with others and often feels embarrassed about the quantity of food consumed.
- Shows extreme concern with body weight and shape.

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Summary

- Eating disorders are characterized by harmful obsessions with **weight, body image, and food**, affecting around 5.5 million U.S. adults annually—3 to 4 times more common in women than men.
- Eating disorders arise from a combination of **biological** (e.g., genetics, brain dysfunction), **psychological** (e.g., perfectionism, low self-esteem), and **social** (e.g., family dynamics, cultural pressure) influences.
- **Anorexia Nervosa has the highest mortality rate of any psychiatric disorder (20%)**, and all eating disorders significantly impair emotional, physical, and social functioning.



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Gateway to Hope University (GTHU)

We offer evidence-based mental and behavioral health training, educational resources, and ongoing support to individuals, faith communities, schools, and workplaces.

We developed GTHU to provide you with the training needed to recognize, refer, relate, and effectively and compassionately respond to those in mental distress.



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Mental Health Coach Training

- Evidence-based training incorporating ongoing research and feedback from GTHU network of Mental Health Coaches.
- Learn essential information, skills, practical scenarios, and actionable steps to compassionately respond to those in mental distress.
- Deepen your knowledge and response skills through our Specialization Trainings:
 - Addiction and Behavioral Health Disorders
 - Child and Adolescent Mental Health
 - Aging and Elder Care
 - Trauma

Mental Health Coach

Mental Health Coach Training equips you and faith communities to respond compassionately through our evidence-based training to help those in mental distress, and support, and serve as a mental health resource to their organization.

Send back your journey to offer help, hope, and encouragement to those that need guidance throughout their journey to mental health recovery and wellness.

Purchase this course for \$75.00

[Get more](#)

Specialty Courses - Available once you've completed our Mental Health Coach Course



SIGN UP



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Mental Health Coach Benefits

- Personalized Learning Profile
- Access to Mental Health Coach forum to connect with other Mental Health Coaches
- Access to Directory of Community Resources map
- Certification at the end of Mental Health Coach Training
- Mental Health Coach meetings and online events



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GTHU Websites



GatewaytoHopeUniversity.org



Learn.GTHU.org



MischerBehavioralHealth.org

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GTHU Resources

- **Unlock the Power of Knowledge with Grace**
Our goal is to empower you with knowledge and support, ensuring you never feel alone on your journey to better mental health. Learn more at MischerBehavioralHealth.org
- **The Hope Line: Relief. Just a Call Away.**
Are you going through a tough time? Do you need someone to talk to? Call The Hope Line.
- **Download our Mental Health Gateway App**





The Hope Line
(832) 831-7337

Open daily, 5 PM - 8 PM CT
www.hope.org | 1-800-950-5555

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