Women, Disordered Eating and Diabetes

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Eat intuitively for well being,
Love your body,
live the Life you dream
Slides and Additional Reading/Handouts

- www.eatlovelive.com.au
What is Normal Eating?
Healthy Eating vs. Normal Eating
Healthy Eating

- Australian Dietary Guidelines
- Australian Guide to Healthy Eating
- The Five Food Groups
  - Breads and cereals
  - Vegetables
  - Fruits
  - Dairy Products
  - Meat and meat alternatives
Normal Eating

Eating in a relaxed and flexible manner in response to the body's normal hunger and satiety cues

Terrill Bruere
Normal eating

- Flexible
- Wide variety of foods
- In response to normal hunger and satiety
- Subjective, different in different families, cultures and individuals.
Then what is Disordered eating?
Then what is Disordered eating?

- **Disordered Eating**
  - “... The full spectrum of eating related problems from simple dieting to clinical ED.”
  - Disordered behaviours: restricting, binging, purging, compulsive exercise,
  - Don’t met criteria of ED
  - Often some effect on life

- **Eating Disorder**
  - Psychiatric illness
  - Physical complications
  - Met Diagnostic criteria
  - Include disordered eating behaviours, disordered food intake, disordered eating attitudes
  - Large effect on many areas of life
Why discuss Disordered eating in Diabetes Management?
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- High prevalence of disordered eating behaviours and eating disorders in population with Type 1 and Type 2 DM.

- **3-27% of clients with DM have disordered eating** *(Diabetes Care, Vol 3 (3), March 2010)*

- Increases dramatically when Insulin omission is considered purging
Why discuss Disordered eating in Diabetes Management?

- Significantly increase diabetes mortality and morbidity
- Increased weight gain
- Poor metabolic control
- Insulin omission
- Increased prevalence of microvascular complications

*Diabetes Spectrum* Vol 20 (3) 2007
Eating Spectrum

- Normal Eating
- Disordered Eating
- Subclinical Eating Disorders
- Diagnosed Eating Disorder
Eating Spectrum

Normal eating

Hunger/satiety

No Guilt

Disordered Eating

some guilt /counting

some concern kcal/cho/fat

Dx ED

psychological distress

poor physiological outcomes
Thought
“I’m fat, ugly, overweight etc”

Belief
“If I lose weight I will be a better.... Will be happier …”

Restrict food
Follow food rules, fad diet, increase exercise, cut out food group, skip meals etc

Survival/ Metabolic response
Metabolism slows down to conserve energy, increased and preoccupying thoughts of food

Feel Bad
Angry, ashamed etc

Eat
’stuff it todays a right off I may as well eat whatever’

Black or white thinking
Feel like a failure for blowing the diet, “why should I try I cant do it anyway, I ate one tim tam I may as well have the whole packet”

The Dieting Cycle!

Break Diet
It a small amount of forbidden food, given in to social pressure/ desire to
What to look for in clients

- Uncontrolled diabetes or early clinical manifestations of complications despite rigorous therapy
- Diabetes only controlled when client is in hospital
- Elevated HbA1c (especially in knowledgeable clients)
- Under use of insulin to avoid weight gain

Diabetes Spectrum Vol20 (3) 2007
What to look for in clients

- Reluctance or refusal to take more insulin
- Frequent hypoglycaemia
- Poor adherence to diabetes regime reported by family
- Delay in puberty, sexual maturation, or growth
- Dyslipidaemia
- Refusal to let others witness injection

*Diabetes Spectrum Vol20 (3) 2007*
What to look for in clients

- Anxiety about being weighed or refusal to be weighed
- Frequent requests to change nutrition care plans to restrict diets
- Change in personality, mood, anxiety, more withdrawn, more body image discussion or fat talk
- Trust your instinct!

*Diabetes Spectrum Vol20 (3) 2007*
What to do next?

- Talk to the clients and or family,
  - find out more about how the client is feeling
  - where they are getting ideas from
  - what they are actually doing etc
- Inform the client of medical risk (of any behaviours) and advise of safety plan
- Discuss concerns with multi disciplinary team
- Consider referring to Psychologist and or dietitian with experience working with clients with disordered eating/eating disorders
Supporting someone in Sessions

- Normalise by explaining the dieting cycle and contributing factors
- Try to minimise self blame and negative/failure talk
- Normalise by discussion social cultural pressure, media, miss information
- Focus on health outcomes rather then weight (change of activity patterns, food patterns can positively effect blood results etc without weight loss)
Supporting someone in Sessions

- Set small, realistic, achievable, practical goals. (based on behaviours the client has control of rather than weight.
  - 1 new recipe per week
  - Sit at the table to eat
  - Turn off the telly
  - Put handbag in boot of car
  - If go to fast foods need to sit in store
  - If going to buy ‘binge foods’ only take $5-10 cash etc
Supporting someone in Sessions

- Food thought and eating behaviour diary (explore and gather information, help the client to understand and see triggers)
- Suggest websites and books that may be helpful (suggestions at end of slides)
If not dieting then?

- Re-learning to connect with the body, hunger, satiety and appetite. Being able to stop when had enough.
- Working on mindful eating, being aware and present when eating
- Working on seeing all food as neutral (when it's not as special we usually don't want it as much!)
- Looking at activity for pleasure, social connection, fun rather then weight loss
<table>
<thead>
<tr>
<th></th>
<th>Healthy weight management</th>
<th>Dieting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Philosophy</td>
<td>Complex and ongoing life skill</td>
<td>Simple solution. Once achieved is fixed.</td>
</tr>
<tr>
<td>Source of control</td>
<td>Internal</td>
<td>External</td>
</tr>
<tr>
<td>Weight loss</td>
<td>One of many aims</td>
<td>Primary aim</td>
</tr>
<tr>
<td>Resources needed</td>
<td>Self awareness and respect Problem solving</td>
<td>Self discipline Plans and lists</td>
</tr>
<tr>
<td>Lapses</td>
<td>Normal</td>
<td>Failure or mistake</td>
</tr>
<tr>
<td>Food</td>
<td>Morally neutral</td>
<td>Good/Bad</td>
</tr>
<tr>
<td>Criteria for success</td>
<td>Many, individual.</td>
<td>Single or measurement focussed.</td>
</tr>
<tr>
<td>Exercise</td>
<td>Pleasure and health</td>
<td>Weight control</td>
</tr>
</tbody>
</table>
Who to Refer to?

- APS Australian Psychological Society
- DAA Dietitians Association Australia
  - [http://daa.asn.au/](http://daa.asn.au/)
- Eating Disorders Victoria
  - List of all public and private treatment centres
  - Database of private practitioners competent in treating eating disorders
  - 1300 550 236
  - [www.eatingdisorders.org.au](http://www.eatingdisorders.org.au)
Finding a Balance

Nutrition Knowledge

Intuitive eating

Life!

Further Reading


**Eating Disorders:**
- The Eating Disorders Foundation Victoria
  [www.eatingdisorders.org.au](http://www.eatingdisorders.org.au)
- The Butterfly Foundation [www.thebutterflyfoundation.org.au](http://www.thebutterflyfoundation.org.au)
- Something Fishy - Eating Disorders information Website [www.something-fishy.org](http://www.something-fishy.org)
- Bulimia Help [www.bulimiahelp.org](http://www.bulimiahelp.org)
- Eating Disorders Australian National Coalition [www.edann.org](http://www.edann.org)
- Email: [ceed@mh.org.au](mailto:ceed@mh.org.au)
- Tel (general): (03) 8387 2669
- Tel (consultation service): (03) 8387 2673
- Eating Disorders International
- The National Eating Disorder Information Centre (NEDIC) - Canada [www.nedic.ca](http://www.nedic.ca)
- Mirror Mirror [www.mirror-mirror.org](http://www.mirror-mirror.org)
- The Eating Disorders Association of Ireland - Ireland [www.bodywhys.ie/](http://www.bodywhys.ie/)
- Eating Disorders Association (B-Eat) - United Kingdom (UK) [www.b-eat.co.uk](http://www.b-eat.co.uk)
- Eating Disorder Expert [www.eatingdisorderexpert.co.uk](http://www.eatingdisorderexpert.co.uk)
- Academy for Eating Disorders - United States [www.aedweb.org](http://www.aedweb.org)
- Eating Disorders Coalition for Research, Policy & Action [www.eatingdisorderscoalition.org](http://www.eatingdisorderscoalition.org)
- Eating Disorder Hope [www.eatingdisorderhope.com](http://www.eatingdisorderhope.com)
- National Association for Anorexia Nervosa and Associated Eating Disorders Inc.- USA [www.anad.org](http://www.anad.org)
- National Eating Disorders Association - USA [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)
- Body Image
- Something Fishy [www.something-fishy.org](http://www.something-fishy.org)
- Photo Shop Disasters [http://photoshopdisasters.blogspot.com/](http://photoshopdisasters.blogspot.com/)
BOOKS:

- **If not dieting then what?, Dr Rick Kausman (1998)**
  - A guide to learning to look at food and weight management in a positive way without the negative traditional diet traps.

- **Eating the moment, Pavel G Somov (2008)**
  - A collection of mindfulness activities to help learn to listen to the body, understand why you're eating, and control cravings if you are eating out of habit or emotions.

- **Eat, drink, and be mindful, Susan Albers (2008)**
  - A self help workbook to create a whole new way of looking at food. Instead of rushing through meals, mindful eating emphasizes slowing down and savouring what you eat.
- **Real Gorgeous, Kaz Cook (1994)**
  - Full of cartoons and no nonsense information about cosmetic, health and self esteem.

  - The blackly comic true story of how one woman stopped hating her body.

- **Anything she can do I can do better, Rachel Oaks-Ash (2003)**
  - The truth about female competition.

- **The Happiness Trap, Dr Russ Harris (2007)**
  - A guide to acceptance and commitment therapy, helping to understand the negative thought traps we get into; and using mindfulness based activities to reduce stress, overcome fear and find fulfilment.

- **The Princess Bitch face Syndrome, Michael Carr-Gregg (2006)**
  - A must read for parent of adolescent girls to help understand the trials of adolescents and managing the rapid changes in daughters.

- **You have to say I'm pretty your my mother, Stephanie Pierson & Phyllis Cohen (2003)**
  - A text exploring the at times treacherous relationships with mothers, daughters and bodies. With strong recommendations on how mothers can support their daughters to learn to love her body and herself.
- **Change your thinking, Sandra Edelman (2002)**
  A practical and reassuring guide to overcoming self-defeating thoughts and behaviour using cognitive behavioural therapy.

- **Mary Jane, Sancia Robinson (1996)**
  The story of Sancia’s journey to recovery from Anorexia and Bulimia.

- **'I'm like so fat' Dianne Neumark-Sztainer (2005)**
  Helping your teen make healthy choices about eating and exercise in a weight obsessed world.

- **Life without Ed, Jenni Schaefer (2004)**
  The story of how one woman claimed independence from her eating disorder, with helpful tips of how you can too.

- **Goodbye ed, hello me , Jenni Schaefer (2009)**
  Jenni looks at how being fully recovered is not just about breaking free from destructive behaviours with food and having a healthy relationship with your body; it also means finding peace and joy in your life.

- **Get out of your mind and in to your life, Steven Hayes (2005)**
  A step by step self help book to learn mindfulness and acceptance to help overcome depression, negative thinking and create a more valued life. Based on acceptance and commitment therapy.
  A self help book based on acceptance and commitment therapy to help accept yourself, heal your suffering and reclaim your life.

- **Finding our magnificence, Delwyn Tatton & Margo Gibbs (1997)**
  Creating tools of visualization, writing, art and symbols to appreciate the self and create a fulfilling future.

- **The overcoming Bulimia Workbook, Randie McCabe, Traci McFarlance & Marion Olmsted (2003)**
  A step by step self help book containing the tools needed to break free from recovery and take control of your life.

- **Conquering Anorexia, Claire Lindsay (2000)**
  The story of Claire's journey to recovery containing helpful techniques of self examination and confidence building exercises required from experts.
Why is eating so complicated?

- A few things to think about .....
Why is Women and Weight a complex issue?

- Why do we eat?
- Why do we want to lose weight?
- Is weight and health the same thing?
- Are the expectations we have for weight management too high?
- Whose expectations should we be changing the client or the practitioner?
- How can we approach it?
Why Do We Eat?

Time
Place
Social
Hunger
clock
Craving
Celebration
happiness
Others expectations

Tradition
For energy
anger
not sure
tiredness
Habit
emotions
Commiseration

Hunger
Craving
Celebration
Habit
Others expectations
Why Do We Eat?

- **Internal Cues**
  - Hunger

- **External Cues**
  - Time
  - Tradition
  - Place
  - For energy
  - Social
  - anger
  - Clock
  - Craving
  - Tiredness
  - Celebration
  - Habit
  - Happiness
  - Others expectations
Eating – the forgotten part:

The balancing of conscious awareness with unconscious body functions designed for survival.