

PREVENTION:

Eating Disorders are more responsive to treatment with early intervention.

Untreated, eating disorders can be progressive and in extreme instances, life threatening. Therefore, it is important for those experiencing a pattern of disordered eating symptoms to seek specialized professional support through the Midshipmen Development Center as soon as possible.

APPOINTMENTS:

You can make an appointment with a Registered Dietitian or Counselor by visiting the MDC website, <http://intranet.usna.edu/MDC/>.

Click on "First Time Dietitian Appointments" or "First Time Counselor Appointments." Fill out and submit the intake questionnaire and a Registered Dietitian or Counselor will provide you with an appointment.

USNA POLICY:

USNA Policy, (COMDTMIDNINST 6100.1) is to "encourage midshipmen experiencing disordered eating symptoms to use available services to minimize the likelihood of progression of their symptoms so as to help them develop into fully prepared officers for the fleet. The medical diagnosis of an eating disorder shall not in and of itself, be cause for a recommendation for separation."

RECOMMENDED RESOURCES:

MIDSHIPMEN DEVELOPMENT CENTER SERVICES INCLUDE:

- Individual and group counseling
- Nutrition consultation
- Training and consultation to coaches, trainers, faculty, staff, detailers and other concerned Midshipmen

WEBSITES

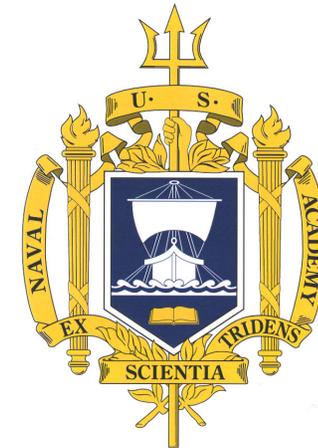
- <http://intranet.usna.edu/MDC/>
- <http://www.nationaleatingdisorders.org/>
- <http://www.something-fishy.org/>
- <http://www.bulimiaguide.org/>
- <http://www.medainc.org/>
- <http://www.anad.org/>
- <http://www.femaleathletetriad.org/>

**"If your lifestyle does not control your body,
eventually your body will control
your lifestyle...the choice is yours!"
Ern Baxter, Author, I Almost Died.**

United States Naval Academy
Midshipmen Development Center
8th Wing, Mezzanine Level, Seaward Side
Phone: 410-293-4897
<http://intranet.usna.edu/MDC/>

**UNITED STATES
NAVAL ACADEMY**

**MIDSHIPMEN
DEVELOPMENT
CENTER**



**Disordered Eating
Behaviors**

*The truth
about food, weight
and body image.*

Eating Disorders:

Eating disorders affect millions of females and males worldwide everyday. An intense focus on weight often leads to a negative body image and unhealthy eating behaviors. Sometimes, these behaviors lead to eating disorders that are serious and can have life threatening consequences.

Anorexia Nervosa: characterized by starvation and excessive weight loss.

Behaviors/Symptoms:

- Refusal to maintain weight at or above minimally normal weight for height, body type, age and activity level
- Intense fear of weight gain or being “fat”
- Feeling “fat” or overweight despite dramatic weight loss
- Distorted body image
- Loss of menstrual cycle
- Extreme concern with body weight & shape

Bulimia Nervosa: characterized by a secretive cycle of bingeing followed by purging.

Behaviors/Symptoms:

- Repeated episodes of bingeing and purging
- Feeling out of control during a binge and eating beyond the point of comfortable fullness
- Purging after a binge (vomiting, use of laxatives, diet pills and/or diuretics, excessive exercise, fasting)
- Frequent dieting
- Extreme concern with body weight & shape

Binge Eating Disorder: characterized by frequent episodes of solitary uncontrolled overeating. While there is no purging, binges are followed by feelings of shame, disgust or guilt.

Athletes and Disordered Eating:

Female and male athletes are at risk especially those that compete in sports that emphasize diet, appearance, size and weight requirements.

Risk Factors for Athletes:

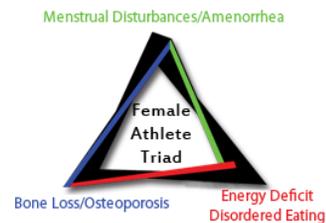
- Sports that emphasize appearance or have weight requirements. Ex: gymnastics, diving, bodybuilding, wrestling.
- Individual vs. team sports
- False belief that lower body fat will increase performance.
- Influence by coaches, parents, sibling and/or teammates.
- Low self-esteem, family dysfunction, families with eating disorders, chronic dieting, history of physical or sexual abuse, family and cultural pressures to be thin, and other traumatic experiences.

Female Athlete Triad:

The female athlete triad includes disordered eating, osteoporosis, and loss of the menstrual cycle. Disordered eating often encompasses a conscious restriction of food and negative body image. The lack of energy intake from disordered eating increases the likelihood of an irregular menstrual cycle and stress fractures that create serious health risks and medical concerns. All athletes are at risk if they are pressured to meet unrealistic weight and body fat goals set forth by coaches, teammates, parents or the athlete herself.

Symptoms:

- *Poor mental and physical performance*
- *Loss of muscle mass*
- *Fatigue, anemia, electrolyte imbalances*
- *Recurrent injuries and/or stress fractures*



Medical Complications:

Many medical complications arise when disordered eating behaviors become eating disorders. The most common symptoms include:

- Impaired mental & physical performance
- Brittle nails and hair
- Dry and yellow skin
- Dental erosion
- Inability to tolerate cold
- Stress fractures/injuries
- Low bone density/weak bones
- Lightheadedness, dizziness, fatigue
- Irregular menstrual cycle
- Swelling of glands near cheeks
- Throat/stomach rupturing
- Sadness/depression

Tips to Help a Friend Struggling with

Disordered Eating:

If you are worried about a friend, family member or teammate who may be struggling with disordered eating, it is important to express your concerns in a supportive way and consult with a medical professional.

1. Set a time to communicate your concerns
2. Ask him/her to address these concerns with a Registered Dietitian, Counselor or Doctor
3. Avoid conflicts or a battle of wills
4. Avoid giving simple solutions
5. Express your continued support