

The Tiger In the Jungle: Identifying Eating Disorders

Disorders vol. 5 Healthy Weight and Baseline Information

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Southwest Michigan Eating Disorders Association
(formerly the Kalamazoo Eating Disorders Professional Coalition)
<http://www.kalamazooeatingdisorders.org/>

Special points of interest:

- * Definition and Guidelines
- * Additional Sources: web-sites, books, videos...
- * Where to Seek Help

Sources for information and help:

- * CDC (Center for Disease Control and Prevention) http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/index.html and http://www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/about_childrens_bmi.html
- * Dr. Reddy's "Body Mass Index" page <http://www.drreddy.com/eatingdisorders/bmi.html>
- * American Academy of Pediatrics: Children's Health Topics (Developmental Stages) <http://www.aap.org/healthtopics/stages.cfm#middle>
- * National Eating Disorders Association: www.nationaleatingdisorders.org
- * Something Fishy Website on Eating Disorders: www.somethingfishy.org

What is Healthy? Defining and Identifying a Baseline

As young students face changes in their environments and with their bodies, their risk level for developing an eating disorder increases. Keeping in mind what is a base line for a child or young adolescent will help you determine if that student may be showing signs of an eating disorder.

BMI is calculated based on a person's height and weight and is not a direct measurement of the body's fat. However, according to the CDC, it is considered an accurate way to measure a person's body fat content. "Children's average, low, and high BMI's vary with their age and sex and so special guidelines must be used when interpreting a child's BMI." Also, as mentioned in [drreddy.com](http://www.drreddy.com), other factors need to be considered such as an athletic build that is lean, but has extra muscle adding to the individual's body weight.

Warnings:

If you are concerned about a student's weight, keep in mind that many factors can affect a child's weight. It is helpful to note as many internal and external factors as possible that may be affecting this student before consulting a professional for advice. This

Signs of anorexia ...

- Visible weight loss
- Prominently visible bones, especially collarbones, ribs, backbones, and hip bones.
- "Scaphoid" (concave) abdomen.
- Sunken cheeks.
- Feeling faint when standing up suddenly.
- Picking at food all the time.
- Hiding food rather than eating it.
- Refusing to eat with family or others.
- Exercising much more and much more often than in the past.



Through early detection and quick response time, it is possible to minimize the negative impact of an eating disorder.

will assist others in determining if there is any medically related problem and how to best help the child.

