

The Tiger In the Jungle: Identifying Eating Disorders

vol. 11 Model Student—Disorder Modeled part 1

February, 2010



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

Special points of interest:

- * Upcoming Activities
- * Additional Sources: web-sites, books, videos...
- * Where to Seek Help

Sources for information and help:

- * *Eating Disorders* by Jim Kirkpatrick, MD and Paul Caldwell, MD CCFP® ISBN: 1-55297-976-8
- * Dr. Reddy's page on eating disorders <http://www.drreddy.com/eatingdisorders/>
- * National Eating Disorders Association: www.nationaleatingdisorders.org
- * Something Fishy Website on Eating Disorders: www.somethingfishy.org
- * National Institute of Mental Health's website on Eating Disorders: <http://www.nimh.nih.gov/health/publications/eating-disorders/complete-index.shtml#pub7>

Not In My Classroom...

Anna works hard to maintain her status as a model student. Even though she goes to dance and participates in several other extracurricular activities, she still receives top scores in academics. By the time she was 13 years old she seemed firmly on the path to success.

In spite of her success, Anna was concerned that she had to work harder to be one of the best. This was especially true in dance. Ever since she started middle school, she noticed that there were a number of students that she could not match. One of the other dancers pointed out that she still had

her "baby fat" and would be better once she lost it.

Anna decided to take matters into her own hands and go on a diet. After a few weeks of watching what she ate and avoiding some of her favorite junk foods, she lost a few pounds. Anna was quite proud of herself for taking control of the situation. However, as she continued dieting, her attitude toward food began to change.

Anna started categorizing her food as "good" or "bad" and counting calories. Soon she started to avoid eating by picking at her food or skipping meals. Anna still considered

herself in charge of her food choices, but now daily routine secretly revolved around food and weight loss. Anna began drifting away from friends, lost interest in dance, and began exercising for the sole purpose of losing weight.

Anna is no longer the fun and lively person that she was beforehand. She has become withdrawn and moody, avoiding spending time with others...

Anna has become a model student with Anorexia Nervosa.

Reminder:

At WMU: "Love Your Shape" event (tentatively scheduled on 3/11/10 and open to the public):

Dietetic students will be at two informational tables (Bernhard Center and the Recreation Center). They will have buttons and balloons

of various shapes. Participants can exchange a piece of clothing that does not make them love their shape in exchange for a "Love your shape" T-shirt. The Dove.com commercials will be shown and information will be available as

well.

A portion of the "Living With An Eating Disorder" Art Hop exhibit is still on display at the Kalamazoo Arts Council, in the Epic Center on the 2nd floor.