

Eating Disorder Awareness Week 01 – 07 March 2021

1st 7th March is Eating Disorders Awareness Week and I am hoping this will help you gain an understanding of Anorexia and Bulimia.

The Facts

The Department of Health estimates that approximately 4 million people in the UK are struggling with an eating disorder.

- The highest rates of new cases are boys aged 10 to 14
- 25% of teenage girls say they have an eating disorder
- 25% of teenagers admit to using purging to try to control their weight
- 1/3 of girls and nearly 1/4 boys place great importance on weight or shape
- 40% of girls & 26% boys show signs of body disturbance
- Anorexia causes more deaths in those under 18 than any other psychological disorder

What is Anorexia Nervosa

- Anorexia is an eating disorder where you worry about your weight, want to lose weight and eat less and less food. It's a serious condition, but with the right help, you can recover and take back your life.
- If things feel out of control, restricting what you eat could be a way of feeling more in charge.
- Girls are ten times more likely than boys to develop anorexia, but eating disorders are becoming more common among males.

The symptoms of anorexia nervosa

- The symptoms of anorexia nervosa are both physical and mental.
- Feelings and behaviors:
- Eating less and less
- Exercising too much
- Thinking a lot about calories
- Feeling panicky about eating in front of others or having a big meal
- Feeling fat even though people tell you you're too thin
- Obsession with body image and comparing your body to others
- Losing interest in things
- Low mood and irritability

What is Bulimia Nervosa?

Bulimia is a more common illness but the weight change is less noticeable as it tends to remain more hidden.

Bulimia involves in a cycle of bingeing and purging - eating large amounts of food and then inducing vomiting or taking laxatives. Prolonged purging can lead to dehydration, while internal organs may become damaged by dangerously low levels of essential minerals.



Principal – Ms Catrin Green

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After an episode, which usually takes place in secret, people with bulimia may limit food intake, triggering extreme hunger before the cycle repeats.

Bulimia can also cause malnourishment, damage to the esophagus, rupture of the stomach, choking, erosion of tooth enamel and Polycystic Ovary Syndrome, a condition which affects fertility.

Symptoms of Bulimia Nervosa

- Extreme fear of gaining weight.
- Using breath mints to cover up after vomiting.
- Unreasonably discontent with body size or shape.
- Abnormal or abusive use of diet pills or diuretics over time for weight control.
- Spending lots of time in the bathroom, usually throwing up.
- Excessive exercise, at inappropriate times or settings, or even when sick or injured.
- Feeling unable to control or stop eating once a binge starts.
- Eating a significantly larger amount of food in a limited period of time than most people would typically eat, known as bingeing.
- Continuing to eat even if feeling uncomfortably full.
- Expressing frequent concerns about body weight or shape.
- Experiencing feelings of guilt, shame or anxiety.⁷
- Purging food from the body after overeating to avoid gaining weight and as an attempt to regain a sense of control.
- Skipping meals or going on extreme diets to 'make up' for bingeing behaviours.

Spotting The Signs

- Weight loss or gain
- Low BMI
- Big baggy clothing or skin tight in small size
- Avoidance of meal times, snacks, socialising
- Changes in mood – loss of interest, withdrawal, ultra-sensitivity, tearfulness
- Loss of friends, depression and isolation
- Compulsive exercise
- Frequent trips to the lavatory
- Grazed knuckles, marks of self-harm
- Loss of normal periods

Where to go for help

- Friends and family
- GP
- Your child's Form tutors
- Janet Bannerman – School Social Worker, 07541 994 836
Janet.bannerman@oasiscoulsdon.org
- [Anorexia & Bulimia Care](#)
- [NHS](#)
- [Young Minds](#)



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