



Women's Health
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Role of Registered Dietitian: Treatment of Eating Disorder Patients

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Who I see

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder
- Avoidant/Restrictive Food Intake Disorder (ARFID)
- Disordered Eating/Weight and Food Preoccupation
- Treat Children, Adolescents, college students, men and women

Who Refers

- PMD/Pediatricians
- Psychologists/LICSW
- Psychiatrists
- Sports Medicine Doctor
- Nurse Practitioners
- Treatment Centers
- Insurance Companies
- Patients/Family
- Other RD's



What I Do?

- Nutritional assessment: Goal is to get a detailed assessment of their ED and assess current nutritional intake/concerns
- Educate patient and family: med/psych complications, effects of nutrient deficiency, food facts and misinformation, refeeding
- Develop goals unique to patient
- Meet them where they are at
- Gain their trust and vice versa



What I Do?

- It depends on severity of ED patients 1x/ week or bi-weekly
- Work closely with multidisciplinary team
- Sign Release
- Contracts, family based-maudsley approach
- Phone App, food journaling, worksheets, blind weights, meal plans (as needed)



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Weight and Food Preoccupation

- There are far more people with eating and body image problems than those with full blown eating disorders
- Chronic Dieters, BDD, OCD, anxiety IBS
- Media and Society play a big part
- Fad diets, Clean eating, Raw diet, gluten free, etc
- \$61 Billion Revenue in US Weight Loss market

Food and Body Preoccupation



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Food and Body Preoccupation



NEDA (National Eating Disorder Assoc.) Stats

- 42% of 1st-3rd grade girls want to be thinner
- 81% of 10 year olds are afraid of being fat
- 46% of 9-11 year olds are “sometimes” or “very often” on diets, and 82% of their families are on diets
- Girls who diet frequently are 12 times as likely to binge as girls who don't diet
- 95% of all dieters will regain their lost weight in 1-5yrs



No Diets



- Referrals/Pt calls for weight loss
- Non Diet Approach
- Goal: Healthy Relationship with Food
- Healthy at Every Size
- Certified Intuitive Eating Counselor
- International No Diet Day

5/06/15



"You'll lose weight on any strict diet, but it's mostly water...from crying."



No Diets

- Dieting can cause rebound weight gain or more, obsessed with food and increase risk for binge eating
- Pressure on parents, war on obesity
- Study done 17,000 kids 9-14yr age over 5yrs, what they found was boys were 8xs and girls 12x likely to be at risk for binge eating do and predisposed to wt gain



Mayo Clinic Teen Study

- Obese teens who lose weight are at risk of developing ED such as AN and BN
- Eating Disorders among these patients are also not being adequately detected because the wt loss is seen as positive by providers and family
- 6% of adolescents suffered from ED
- >55% of high school females and 30% of males report disordered eating symptoms including engaging in one or more maladaptive behaviors



Dieting Can Effect your Health

- Study on 4 countries, USA, Japan, Belgium and France
- Surveyed adults and college students, asking ?s about their beliefs on diet-health link, worry about food, the importance of food as a positive force in life, the degree of consumption of foods that are modified to be healthy, ie low salt or fat, if associate food with nutrition or culinary context, and their own diet
- Results: the group associating food most with health and least with pleasure is the Americans, and the group most food–pleasure-oriented and least food–health-oriented is the French

Dieting Can Affect your Health

- Ironically, the Americans, who do the most to alter their diet in the service of health, are the least likely to classify themselves as healthy eaters.
- France is #1 country in the world with lowest heart disease and USA is #56, The French diet is high in dairy fats, red meat, white flour and sugar.
- ~18% of woman, 16% of men are obese in France #15 in world (2006-2007), 34% men, 38% woman in USA #1 in world
- USA has one highest rates of ED and France one of the lowest



What is Intuitive Eating?

- Is an approach that teaches you how to create a healthy relationship with food
- How to become the expert of your body
- How to learn how to distinguish between emotional and physical feelings (this is very beneficial for emotional/stress eaters)
- How to learn to respond to your inner body cues and gain the wisdom you were born with to eating intuitively
- How to give yourself unconditional permission to eat and honor your hunger and fullness
- Reject diet mentality
- Make peace with food, make food available without conditions



Everyone can benefit from IE Women's Health Council of RI

Eating Disorders, Chronic Dieters, and Parents especially

Benefits:

- No More Judgment
- No More Food Worries
- Body Acceptance and Positive Body Image
- Most reach natural set point weight

Approach:

- Educate on the 10 principles of IE
- Experiments, Exposure, Food journaling



Patient's Stories

- “I was in the 5th grade 4ft 10 inches and weighed 92 pounds and my doctor told me I was 2 pounds over average and making a point about my weight, I never forgot that and when I started a new school and didn't fit in that's the one thing I remembered and that was the start of my anorexia for me in 6th grade, I am now in my 30's still struggling with it”
- “My doctor told me you are on the higher end for your weight range, you gained about 20 pounds in year, you are not overweight but you just can't gain anymore weight and then I suggested should I diet and my doctor supported it, so I did and I wish I never did”
- “I kept my eating disorder a secret, when I stopped having my periods my OBGYN doctor didn't even ask about my eating, she just prescribed me birth control pills but I knew why I wasn't getting them.”
- “My mother put me on weight watchers in 6th grade, I am in my 50's and have been on every diet possible, I have lost 100# and regained it all back. I wish she didn't do this to me but its not her fault.”



What every provider should know?

- Diets don't work and can lead to destructive behaviors, weight gain, poor body image and unhealthy relationship with food, and **Eating Disorders**
- How to address this concern:

If you have a patient that has lost or gained a significant amount of weight in a short period of time or even over course of year, a more mindful approach could be:

“Im concerned about your recent weight loss/gain, how is your relationship with food and your body?”

This can determine whether a person is struggling with dieting, an eating disorder or emotional or psychological concerns



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IAEDP RI Chapter

- International Association of Eating Disorders Professional Foundation
- New RI chapter

Mission Statement

- Offer continuing education, networking and support to local professionals treating individuals with eating disorders
- The chapter aims to identify gaps in treatment options and expand services available to those suffering from an eating disorder
- Advocacy promotion and preventative work with the educational systems in the state
- The chapter will continue to promote community awareness of eating disorders and improve access to treatment



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