



The Intersection Between Disordered Eating & Diabetes

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Disclosures

The presenter has no relevant financial relationships or affiliations with commercial interests to disclose. There are no conflicts of interest that could be perceived as introducing bias into the content of this presentation.



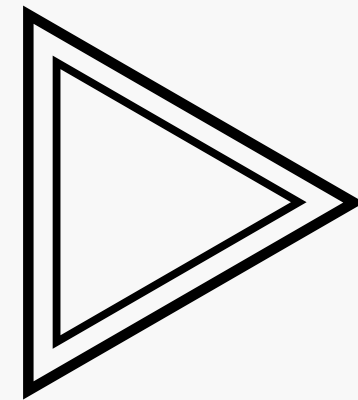
Learning Objectives

1. Interpret findings of disordered eating and diabetes research.
2. Identify risk factors and warning signs of disordered eating and eating disorders.
3. Discuss prevention strategies to prevent development of disordered eating in individuals with diabetes.

*What we know: disordered eating,
eating disorders, and diabetes*



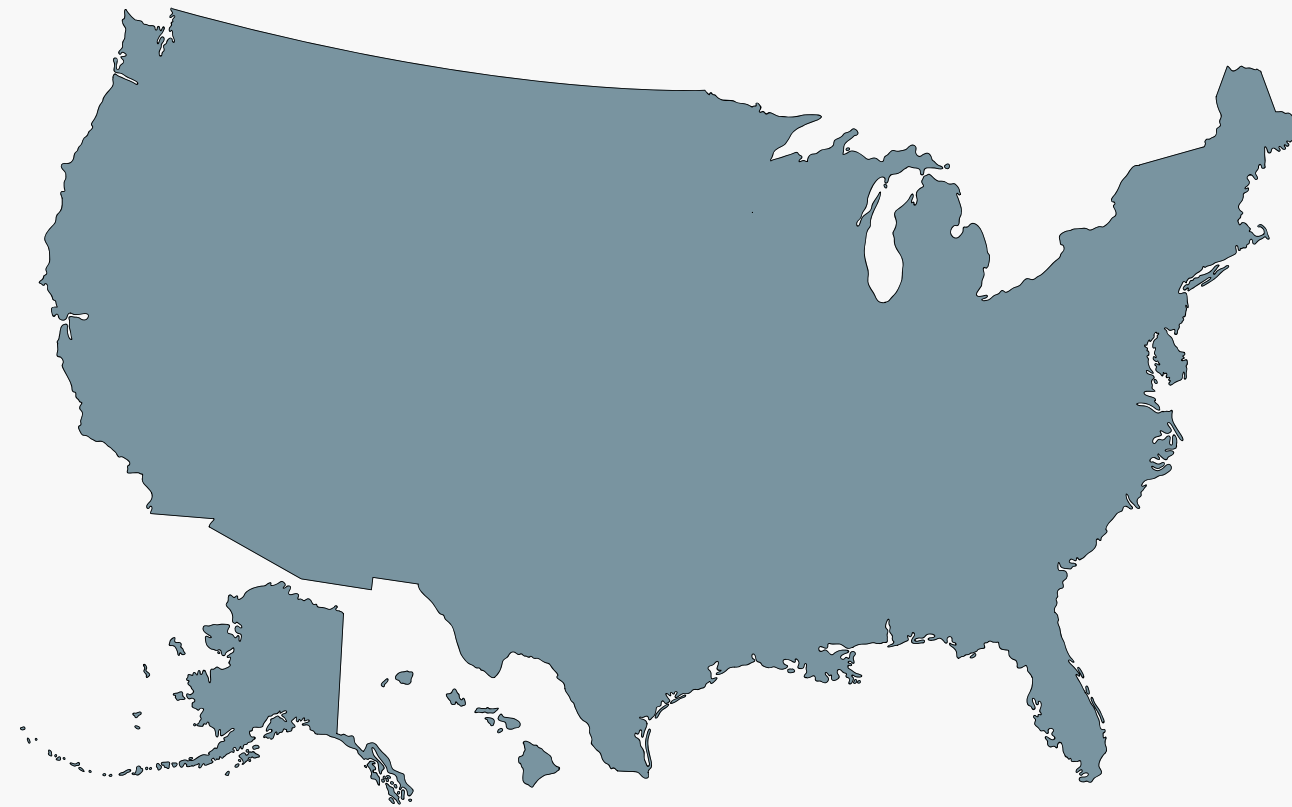
*Identifying
Treating
Preventing*



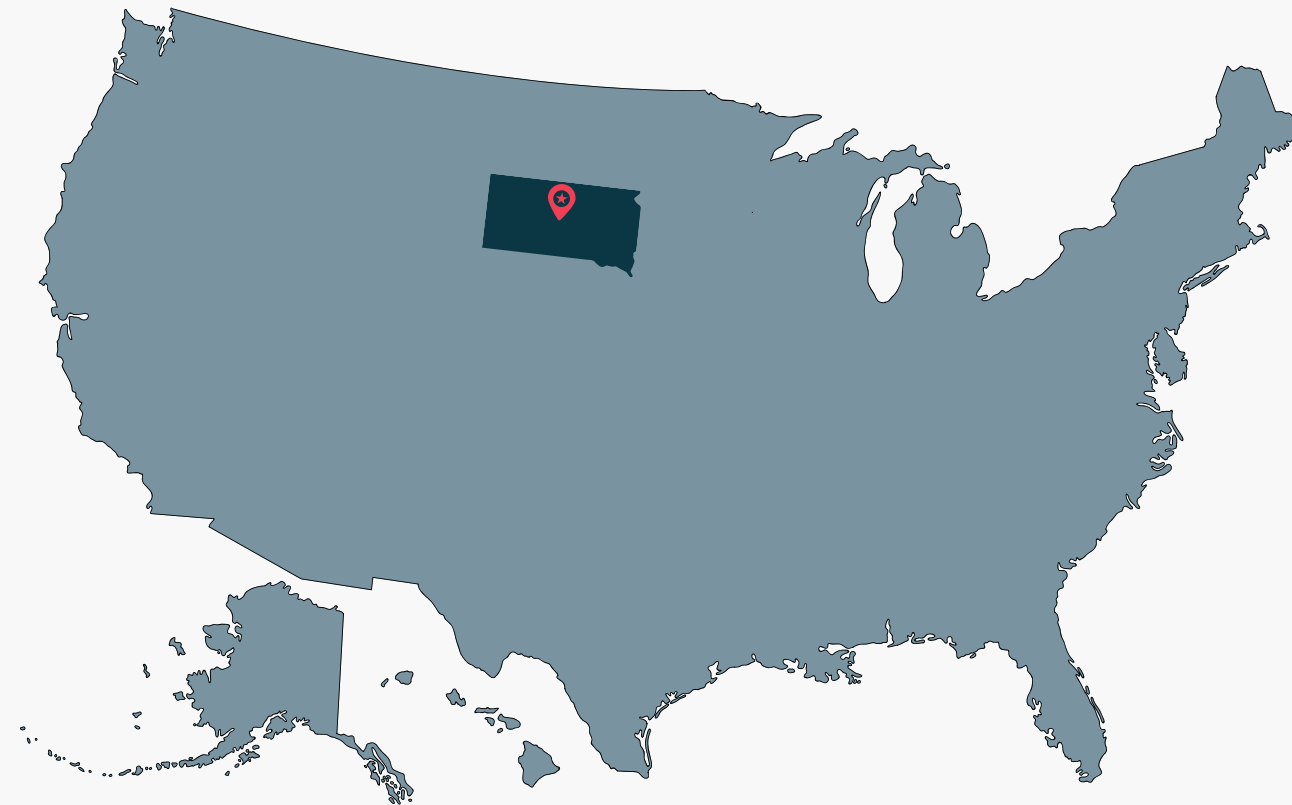
*disordered eating
& eating disorders
in those with diabetes*



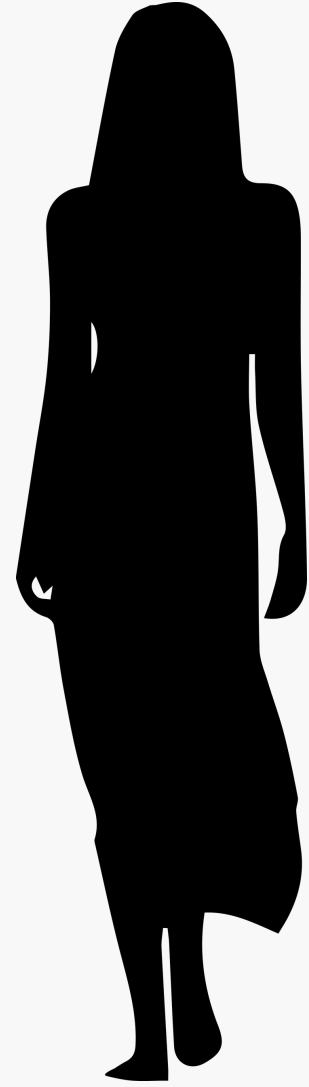
1 in 10 people in the U.S⁴



1 in 10 people in the U.S⁴



77,661 South Dakotans⁴





Less than **6% living with ED** are considered as
“underweight.”⁷

1 in 3 men are affected⁴

Diabetes and Eating Disorders

Increased risk of developing disordered eating behaviors and an eating disorder^{12, 16, 17}

2x more likely to have an ED¹¹

Type 1 diabetes and eating disorder:^{2, 9}

- Threefold increased risk for DKA
- Six fold increased risk of death

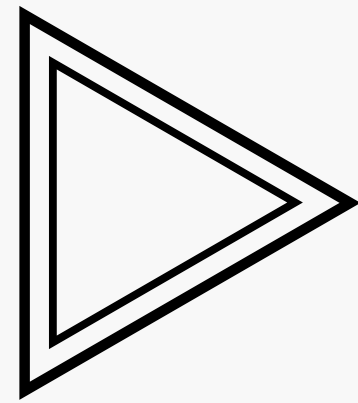
Diabetes and eating disorder development⁵

10-25-55% Type 1^{1, 3, 5, 13, 16}

10-40% Type 2^{8, 19}



*Identifying
Treating
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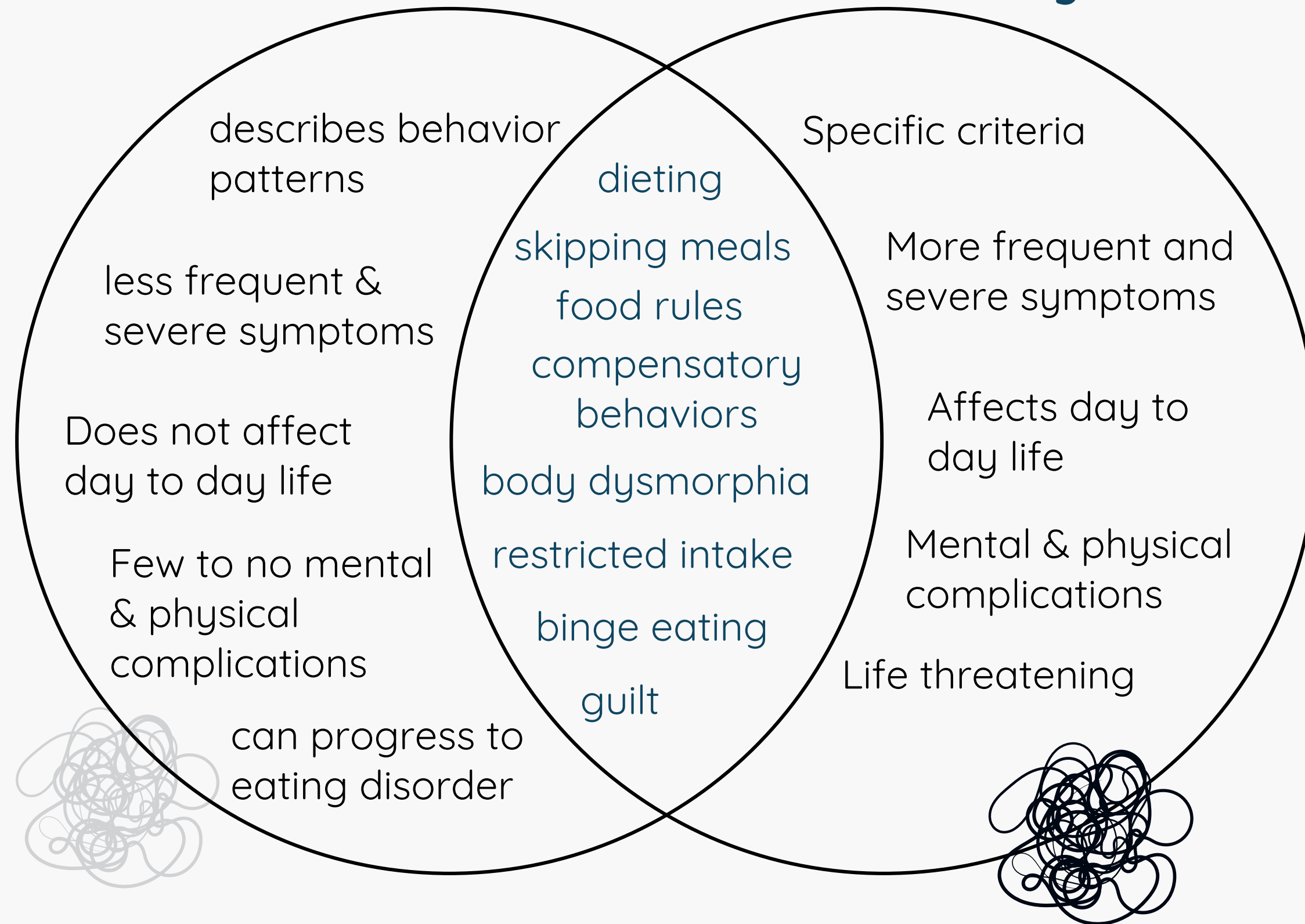


*disordered eating
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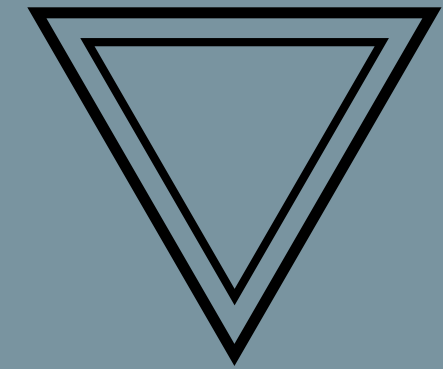


Disordered Eating

Eating Disorders



Identifying



*disordered
eating &
eating
disorders*

*in those with
diabetes*

Identifying *disordered eating & eating disorders in those with diabetes*

Risk factors



- Fear of gaining weight
- Living in a larger body
- Weight gain (insulin treatment)
- Negative body image
- Emphasis on food and weight in diabetes management
- Difficulty coping with long-term condition of diabetes
- Feeling of lack of control over body
- Transition from parental management to self-management (young individuals)

Warning signs

Nutrition

- Obsession with dieting and nutrition
- Skipping meals or eating alone
- Binge eating
- Change in food preferences
- Intense focus on eating, food, body shape, body weight
- Frequent body checking

Psychological

- Withdrawal / isolation
- Black and white thinking
- Anxiety / depression



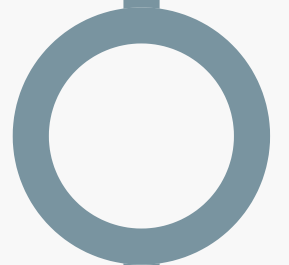
Identifying *disordered eating & eating disorders in those with diabetes*

Warning signs

- 
- Lessening attention to diabetes management
 - Increased secrecy about diabetes management
 - Unexplained weight fluctuations
 - Fluctuations in blood glucose levels
 - High or low hemoglobin A1c on continuous basis
 - Impact of insulin on body weight
 - Restricting certain food or food groups
 - Frequent diabetic ketoacidosis admissions

Types of Eating Disorders

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder
- Avoidant/Restrictive Food Intake Disorder (ARFID)
- Unspecified Feeding or Eating Disorder
- Other Specified Feeding or Eating Disorder
 - **Atypical anorexia nervosa**
 - **Low frequency or limited duration**
 - **Night eating syndrome**





Eating Disorders & Diabetes

Bulimia nervosa

Most common in type 1 diabetes¹⁹

Diabulimia

Insulin manipulation

Atypical anorexia nervosa

Binge eating disorder

Most common in type 2 diabetes¹⁹



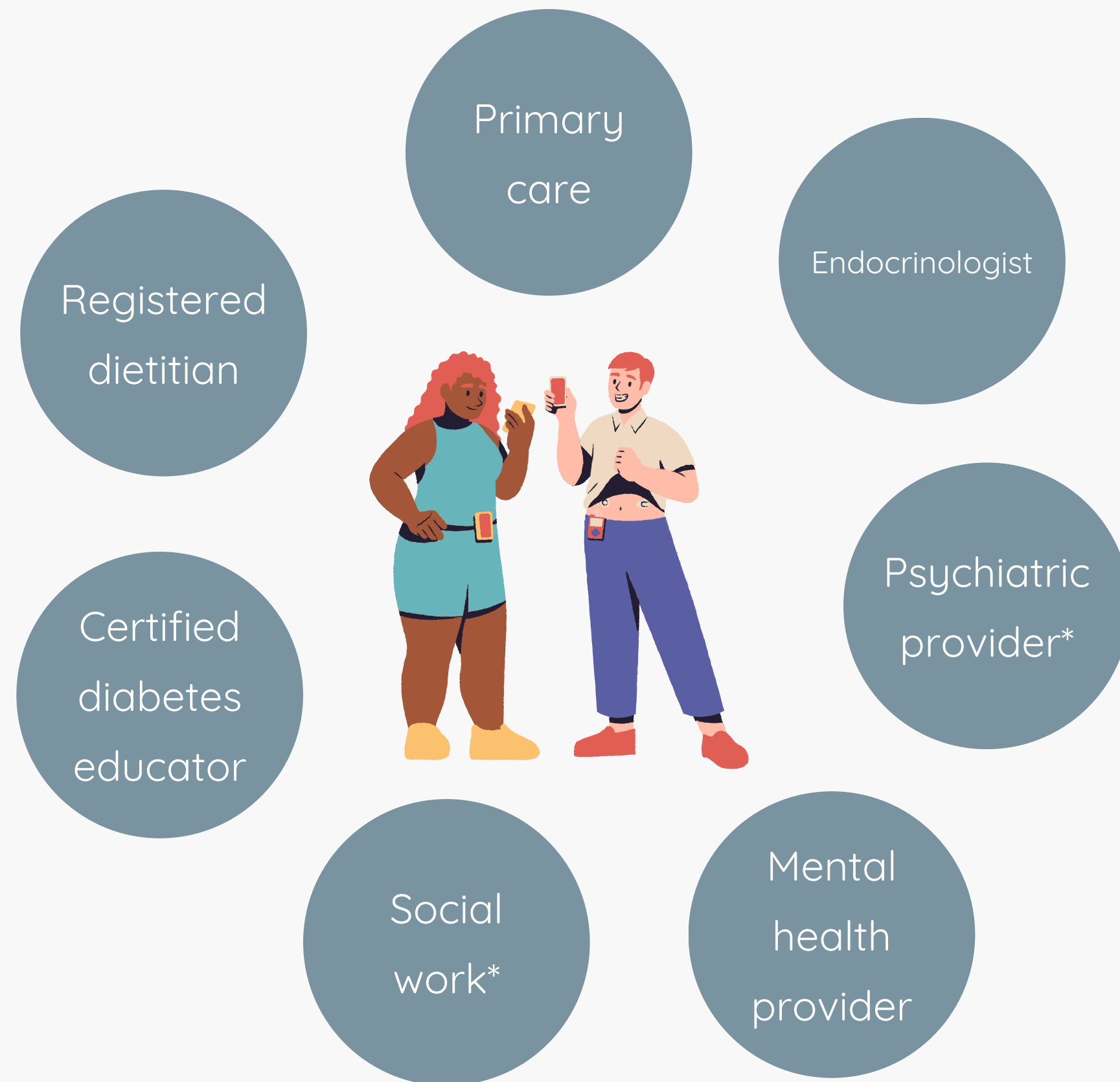
Identifying  *disordered eating & eating disorders in those with diabetes*

Ask open ended questions and listen.

Treating *disordered eating & eating disorders in those with diabetes*

- Express concern regarding behaviors
 - Use “I” statements: “I’m concerned because I haven’t seen you have lunch (or carbohydrates) as much as you usually do.”
- Thank them for confiding in you and offer support
- Connect to disordered eating informed team members
 - Primary care provider
 - Endocrinologist
 - ED informed therapist / dietitian

Denial and reluctance
is common.



Treating *disordered eating & eating disorders in those with diabetes*

- Requires a team approach
- Each specialty is important
- Communication and collaboration

Preventing *disordered eating & eating disorders in those with diabetes*

Weight Centric Approach

Health is **dependent** on weight
Weight loss and health behaviors

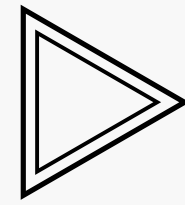
- Contributes to weight stigma¹⁸
 - Increase maladaptive coping skills
 - Worsen health and diabetes management
- Short term improvement of health outcomes²³

Weight Inclusive Approach

Health is **independent** of weight
Health behaviors

- Can achieve healthful²³ behaviors and goals without unintended consequences
- Sustained improvement of health outcomes²³

Preventing



disordered eating & eating disorders in those with diabetes

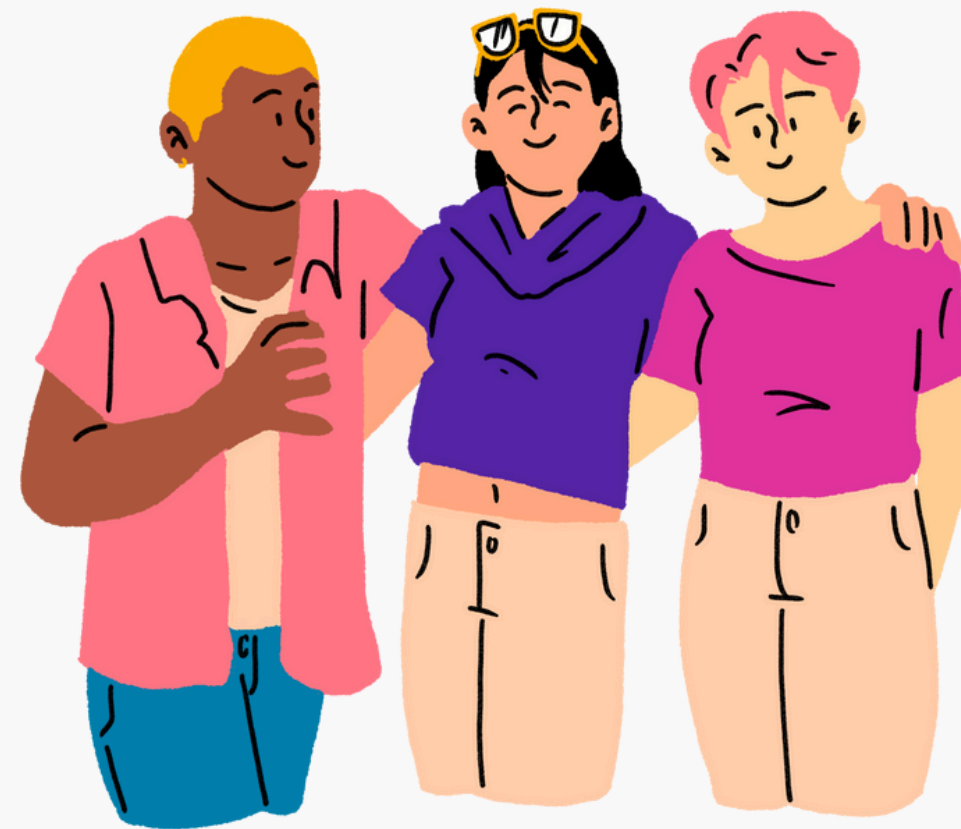
^{15, 18, 19}

Weight Inclusive Approach

Focus on behaviors,
rather than weight

Consistency of intake

Consistent meals and snacks
throughout the day with
consistent carbohydrates



Joyous Movement

Encourage activities that
client enjoy

Flexible eating

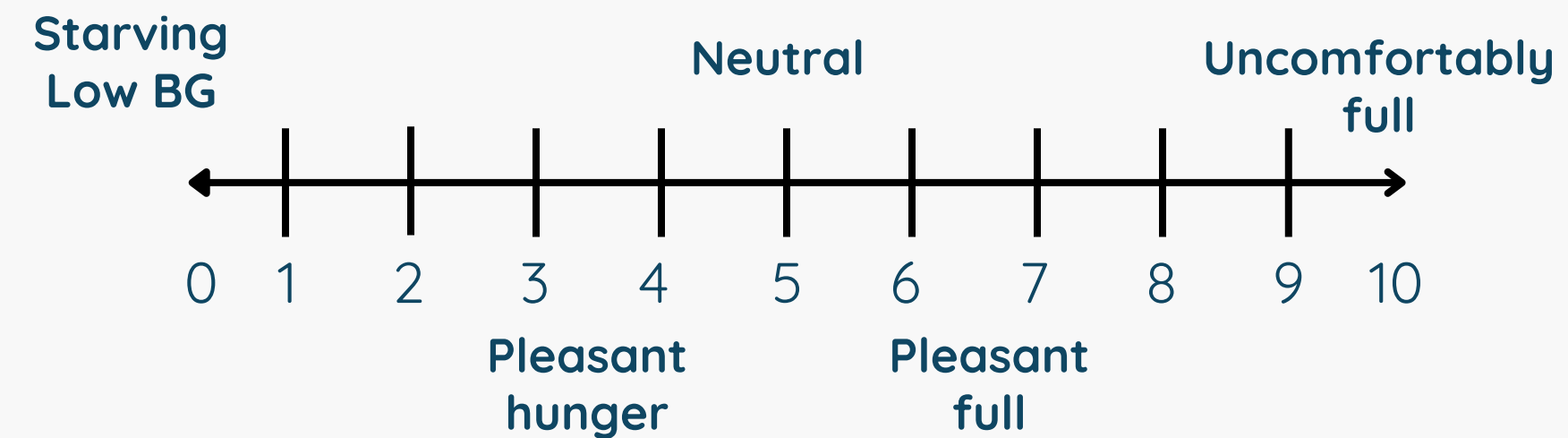
Balanced diet with protein,
carbohydrates, fruits,
vegetables, and dairy

Preventing disordered eating & eating disorders^{15, 18, 19} in those with diabetes



Consistency of intake

- Set of 3s - 3 meals, 1-3 snacks
- Hunger and fullness cues

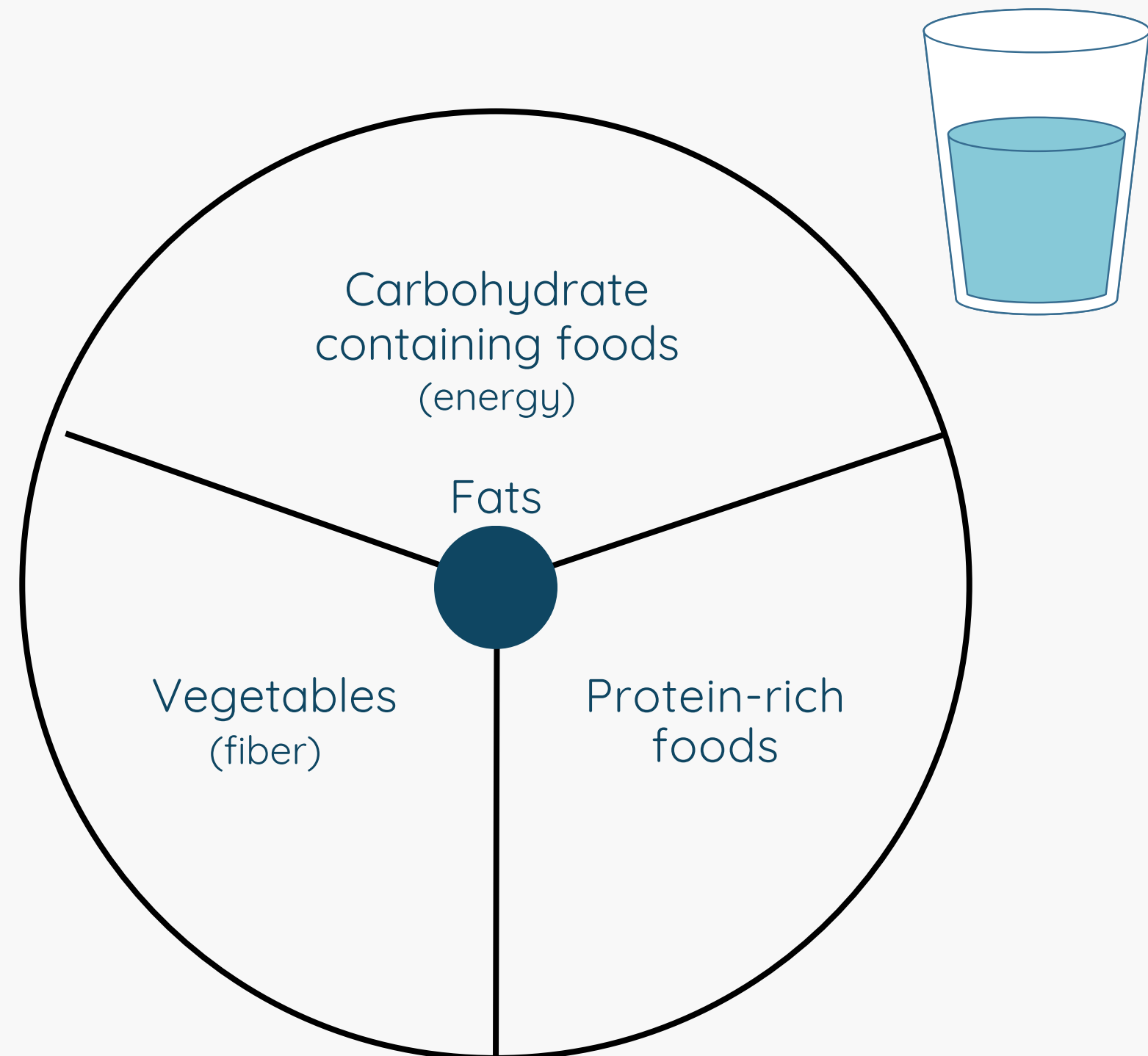


- Blood glucose considerations in meal and snack times

Preventing *disordered eating & eating disorders* ^{15, 18, 19} in those with diabetes

Flexible eating

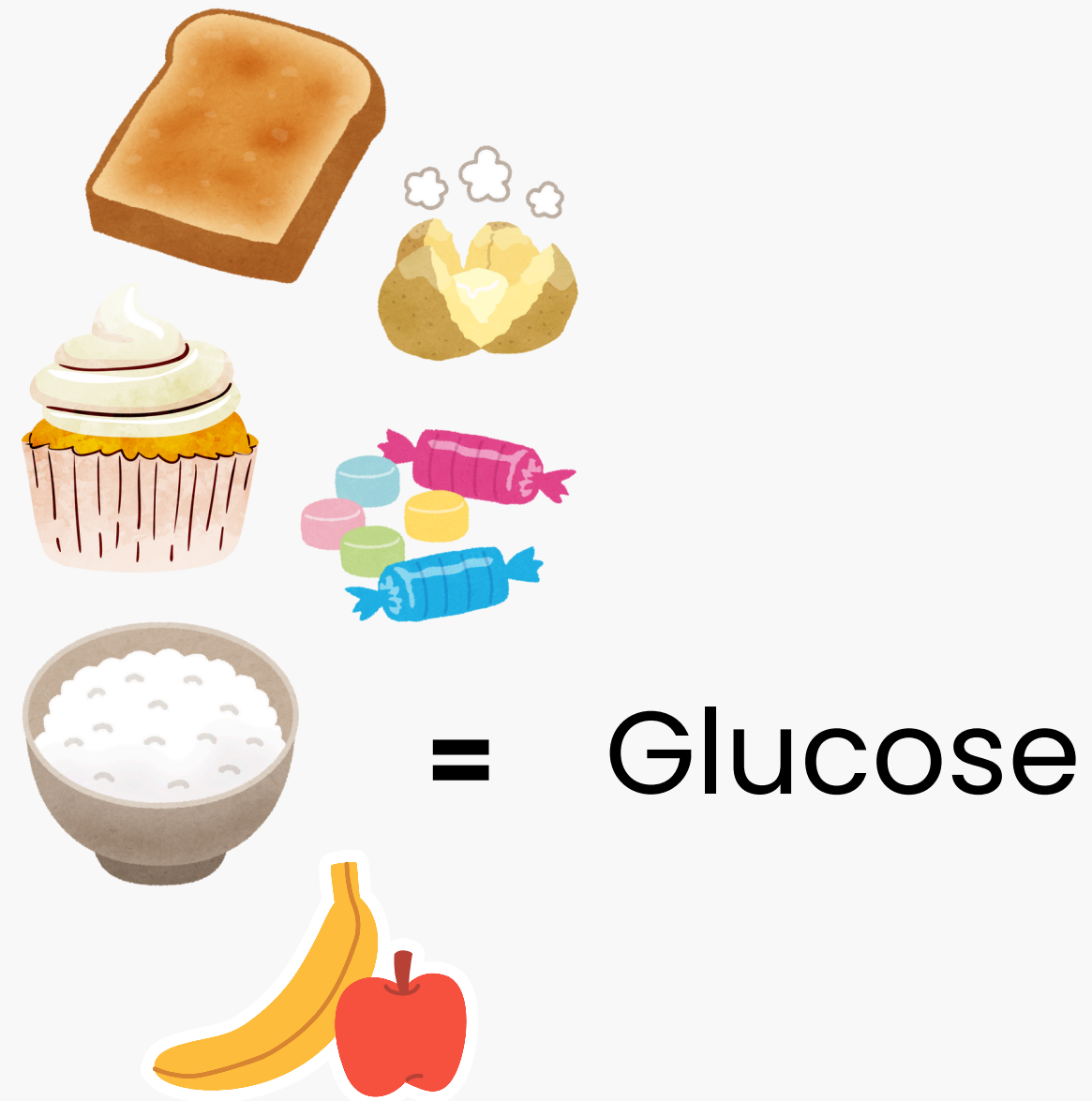
- Balanced diet with protein, carbohydrates, fruits, vegetables, and dairy
- What can we add rather than subtract?
- Avoid labeling foods
- All foods fit - at different moments



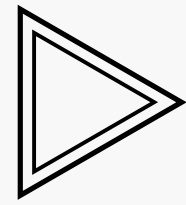
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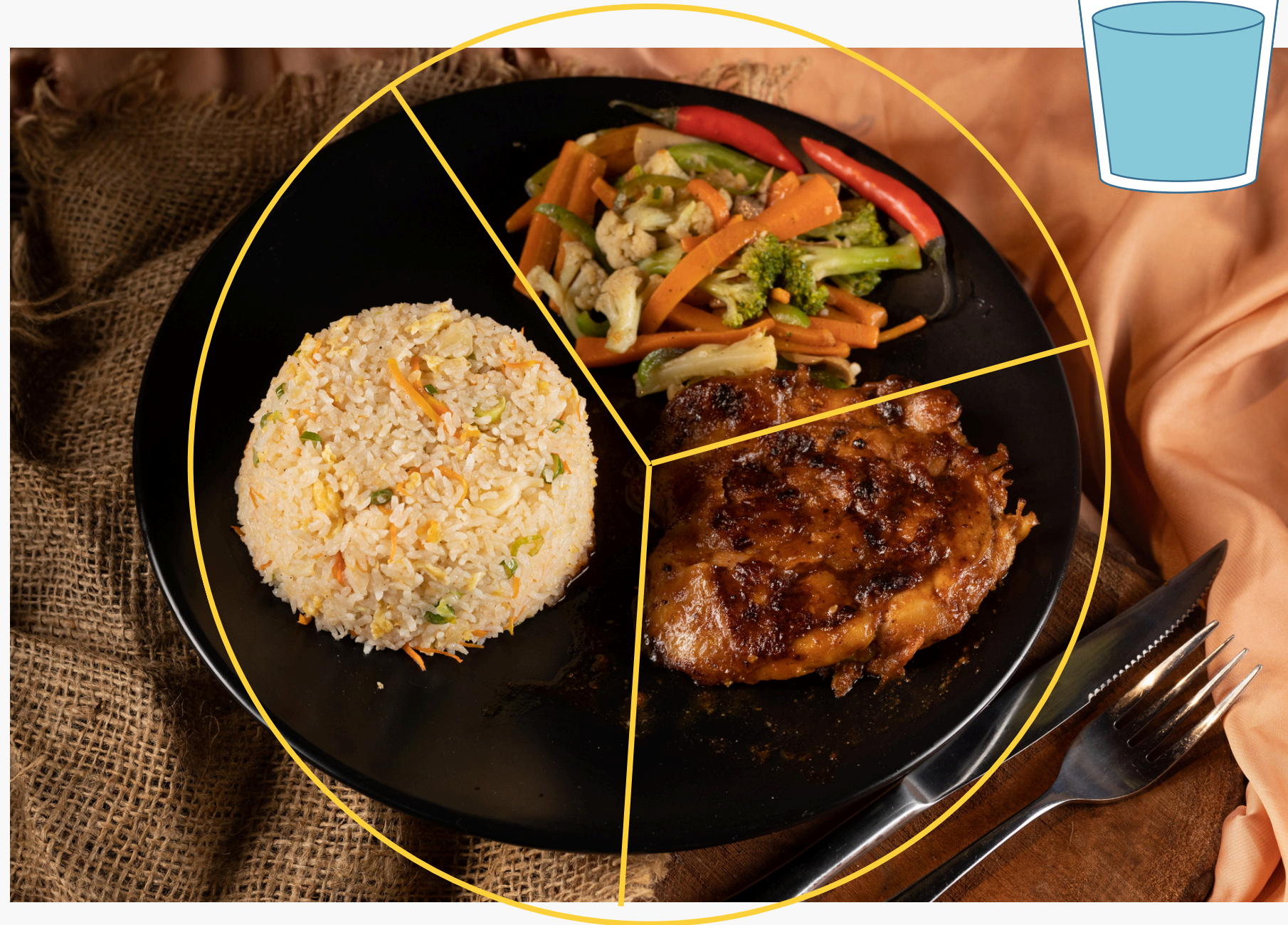
Preventing



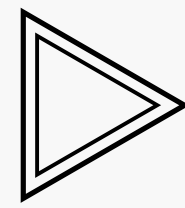
disordered eating & eating disorders in those with diabetes^{15, 18, 19}

Flexible eating

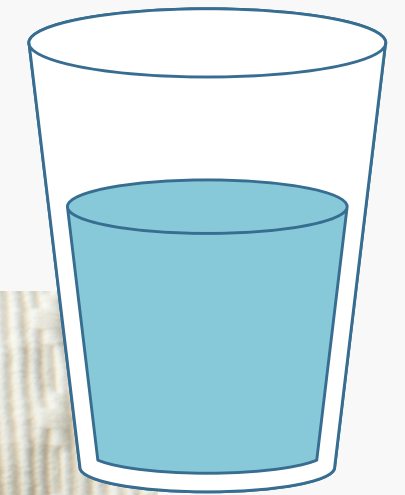
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Preventing *disordered eating & eating disorders in those with diabetes*^{15, 18, 19}

Flexible eating

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Preventing disordered eating & eating disorders in those with diabetes^{15, 18, 19}

Flexible eating

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Preventing *disordered eating & eating disorders* ^{15, 18, 19} in those with diabetes



Joyous Movement

- Incorporate activity in daily living
- Pick movement you enjoy!
- Remember rest
- Beyond physical fitness

Disordered Eating & Diabetes

● **Increased risk of developing disordered eating behaviors and an eating disorder**

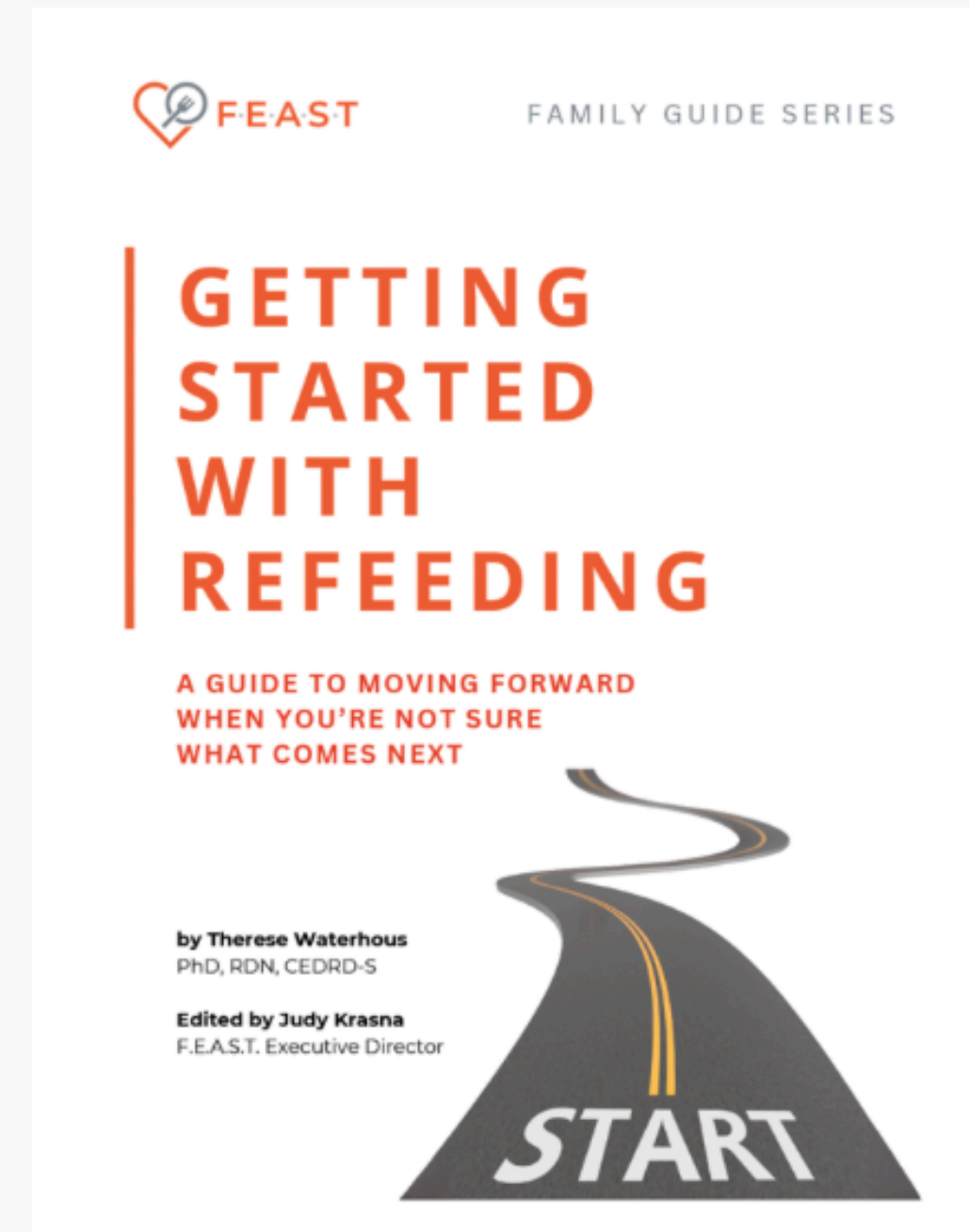
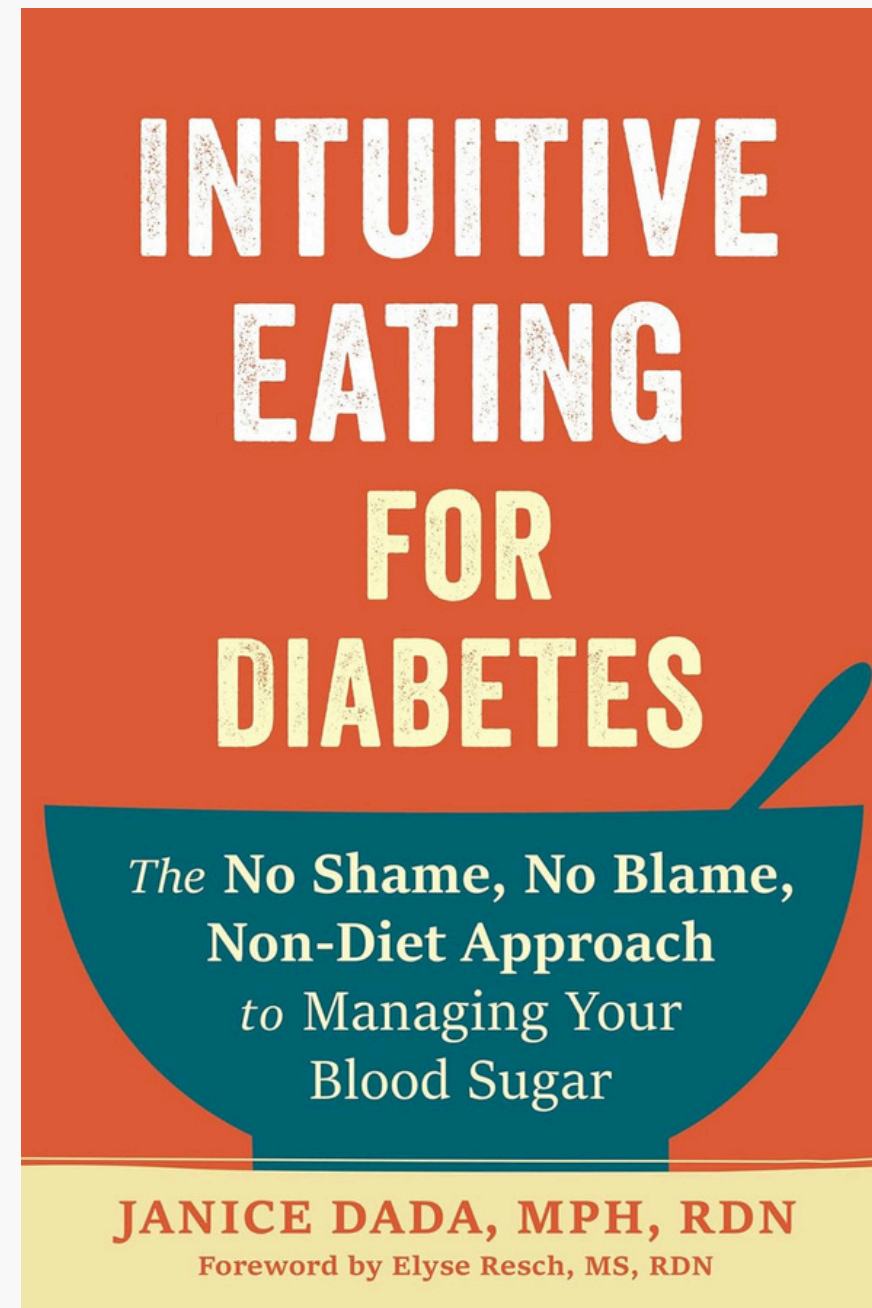
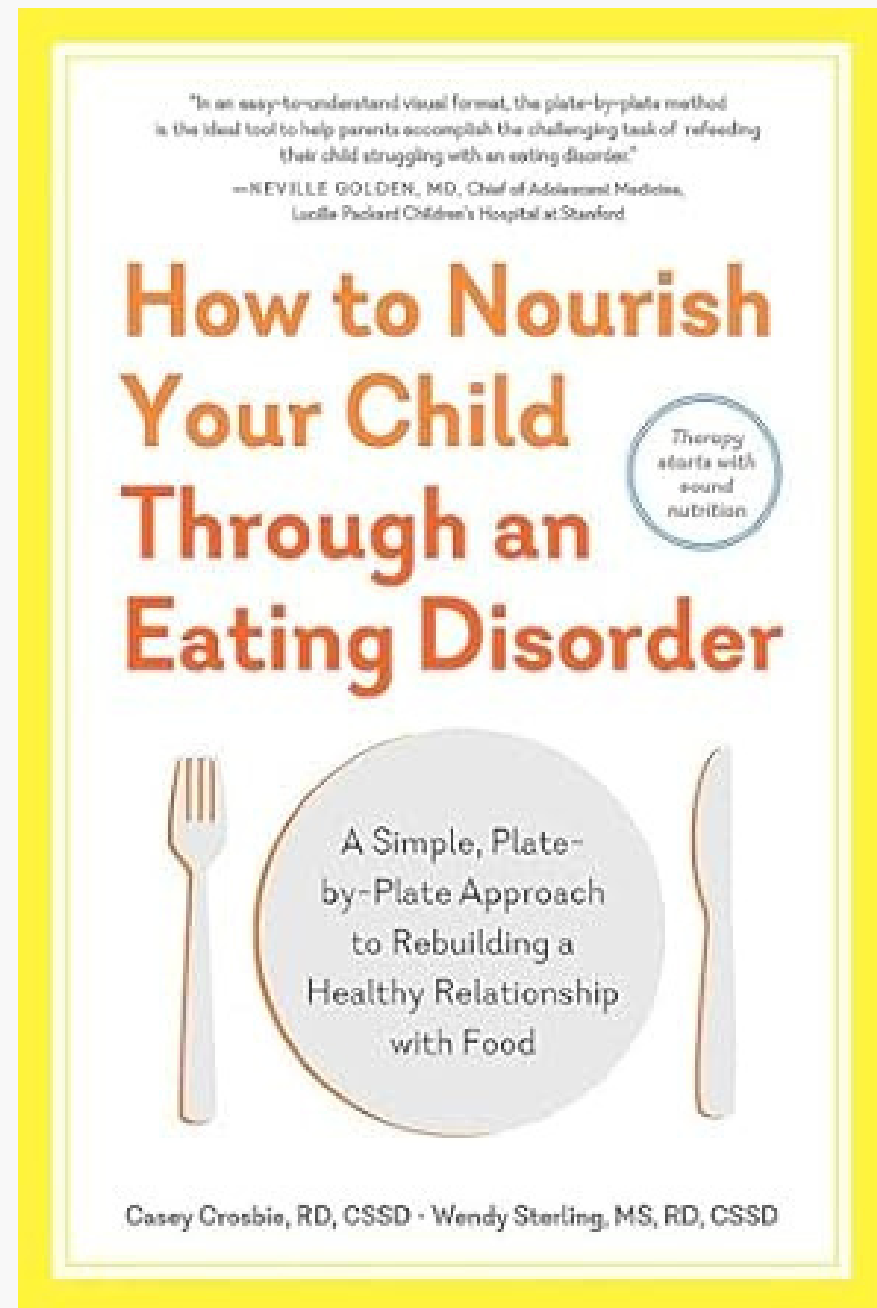
● **Know risk factors and warning signs**
Get curious

● **Say something**

● **Prevention is key**
Weight inclusive approach
Consistency of nutrition intake
Balanced, flexible eating
Joyous movement

Questions?

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Resources

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