Disordered Eating:
Implications for Midlife and Beyond

NAADAC – October 2015

Upon completion of this workshop, attendees will be able to:
1) Explain the differences between disordered eating and eating disorders
2) Identify at least two themes unique to men who are dealing with disordered eating
3) Discuss the implications of complimentary weightism and negative commentary, and how these can be linked to disordered eating

Connie Ducaine, LPC, LCADC, ACS, BCPC, NCC
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Housekeeping

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Introductions and Interest

Discuss Concepts and Terminology

Statistics and Issues

Review Implications
Notable DSM-5 Changes

**DSM-IV-TR:** Feeding disorder of infancy and early childhood

**DSM-5:** Avoidant/Restrictive food intake disorder

- Anorexia Nervosa
- Bulimia Nervosa
- Binge-Eating Disorder
**Body Image:** Attitudes towards the way one looks and the behaviors that we employ to maintain these self-perceptions (Grosick et al., 2013)

**Disordered Eating:** Attitudes and behaviors that range from worries about body image to self-injurious behaviors like binging, purging, and extreme exercise (Ricciardelli & McCabe, 2004)

**Feeding and Eating Disorders:** “Characterized by persistent disturbance of eating or eating-related behaviors that results in the altered consumption or absorption of food and that significantly impairs physical health or psychological function” (American Psychiatric Association, 2013, p. 329)
**Lookism**: a bias against people as a result of their appearance (Cavico, Uffler, & Mujtaba, 2012)

**Weightism**: discrimination based on body size (weight bias, obesity discrimination, size bias)

Child Identity Development

Industry vs. Inferiority - Egocentric to “who am I in relation to others” or a possibly a belief that “I am what I achieve”

Onset of Body Image Disturbance

Body dissatisfaction at five years old predicted disordered eating attitudes and behaviors at age nine (Davison et al., 2003)

Disordered Eating Attitudes and Behaviors

By age of eight, children exhibited disordered eating habits including food restriction and excessive exercise (Comb et al., 2011)


Disordered Eating | More than Young White Middle Class Females.

Similarities and Differences:

- Gender
- LGB
- Impact of Race and Ethnicity
- Adolescents & Emerging Adults


• **Among Adults from 1985 – 1997** (Tiggeman, 2004):
  – Satisfaction in overall appearance decreased
  – Desire to lose weight increased
  – *If this analysis were done today – would it be different?*

• **Middle aged women may have higher frequency of BED** (Mangweth-Matzek et al., 2014)

• **Less** disordered eating in women over 65 than in women 50 – 65 (Tiggeman, 2004)

• **Dieting may present health risks** (e.g. nutritional deficiencies)

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Women 50+ = 13% reported behaviors associated with ED (N = 1849) (Gagne et al., 2012)

Sample over age 65 reported a later on-set of BED and longer duration (N = 20) (Guerdjikova et al., 2012)

One in two seniors (N= 1793) were dissatisfied with their weight mirroring the rates of younger groups (Roy et al., 2014)

Approximately 1/3 of weight loss in older adults is caused by depression (Morley, 2012)
* Body Dissatisfaction * Disordered Eating * Middle Age

Factors Impacting Body Image in Older Women

- Pregnancy
  - Those who dieted before pregnancy are more dissatisfied after childbirth
  - After birth - increases in disordered eating
- Aging
  - Importance of appearance may change
  - Becoming Invisible
- Menopause
- Closer monitoring for health complications may be warranted


Adults  |  Midlife - Men

Themes

- The Lone Wolf
- Limited Experiences
- Body Image
  - Bigorexia
  - Body Hair
  - Penis Size
- Emotions
- Treatment Efficacy (< 50%)


### Adults | Factors to Consider

<table>
<thead>
<tr>
<th>Self-Objectification</th>
<th>Complimentary Weightism</th>
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<td>Lack of Willpower</td>
<td>Habit</td>
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Let’s Talk – What do you think?
Implications | As counselors what can we do?

We may miss it because we are not looking for

Image from Brainden: http://brainden.com/word-illusions.htm#prettyPhoto
As Practitioners We Can…

- Learn more
- Be prepared
- Advocate
- Reflect on our perspective regarding this topic
- Consider our own biases
What about Educators and Supervisors?

- Education/Training/Coaching
  - Populations and Characteristics
  - Skills - Evidence-based
  - Technical (e.g. medical implications)
- Supervisor
  - Coping Skills
  - Managing Negative Reactions
  - Maintain Realistic Sense of Body Image
  - Countertransference


Disordered Eating | For more Info...

You can make a difference....

NEDA Feeding hope.

iaeda international

naafa national association to advance fat acceptance
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