

EDRC Family and Friends...



EATING DISORDERS RESOURCE CENTER

SPRING 2011

Obesity and Anorexia: How Can They Coexist?

By Cynthia Bulik, Ph.D.

About 65% of adults and 15% of children in the United States are overweight. At the same time another group of people—those with anorexia nervosa—are literally starving to death. How can these two problems coexist? And how can we prevent and treat obesity without encouraging the unhealthy dieting behaviors we see in anorexia nervosa.

Although superficially obesity and anorexia nervosa look very different, many of the same social and biological forces influence them—just in different directions. Both obesity and anorexia are classic examples of how genes and environment interact. We know that genes influence a

person's likelihood of developing either obesity or anorexia. However, having those high risk genes does not make developing obesity or anorexia inevitable. The environment plays a substantial role in determining whether someone's genetic predisposition ever gets expressed. Colloquially, genes load the gun and environment pulls the trigger.

So how can we strike a balance? The answer is simple and practical. The public health messages need to be those of moderation and health—the difference is the direction of the changes that need to be encouraged. The two primary means to achieve healthy weight (either more or less) are appropriate

physical activity and energy intake. The moderation message works for both groups.

We need to help overweight people increase levels of physical activity and help people with anorexia nervosa decrease levels. Overweight individuals need clear, practical, and inexpensive strategies for increasing both their exercise and non-exercise activity (like taking the stairs instead of the elevator, decreasing time spent in front of the television and computer screen and not driving around to find the closest parking space). People with anorexia nervosa need support to put the brakes on in order
(See OBESITY page 2)



Cynthia Bulik, PhD, Director, University of North Carolina Eating Disorders Program and renowned expert on binge eating.

Dr. Bulik comes to San Jose on April 5th (see page 2).

EDRC Board Member Appointed to National EDC Board



Seham El-Diwany, MD has been elected to the National

Eating Disorders Coalition (EDC) Board. EDC is a Washington, D.C. based advocacy organization whose mission is to advance the federal recognition of eating disorders as a public

health priority. She will be representing physicians locally and nationally on EDC's Board for their annual Lobby Day on April 12, 2011.

Dr. El-Diwany developed Kaiser's first protocol for staff to help identify and diagnose eating disorders among Kaiser patients.

As a key board member of the Eating Disorders Resource Center (EDRC), she is leading this non-profit group's community-wide effort to raise awareness and understanding of eating disorders among health professionals and to promote early diagnosis, effective treatment, and recovery.

"WE ARE PROUD TO SHARE SEHAM'S KNOWLEDGE AND EXPERIENCE WITH THIS NATIONAL COALITION. THE BOARD OF EDC WILL FIND HER PASSION AND LEADERSHIP GREAT ASSETS IN GETTING CRUCIAL LEGISLATION LIKE THE FREED ACT INTO CURRENT LAW."

- **KATHLEEN DAVIDSON,**
EDRC BOARD CHAIR

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Obesity and Anorexia (Continued from Page 1)

to reduce their excessive activity to healthy levels (many people with anorexia nervosa will exercise for hours every day even when injured).

Messages helping people understand what moderate portion sizes are can be directed to overweight people to help them re-learn hunger and fullness cues and to help people with anorexia and related disorders increase their portion sizes appropriately. Likewise, fats, calories, and even “carbs” are required by the body to carry out the basic functions of life.

As any person with overweight or anorexia will tell you, there is much more to reaching and maintaining a healthy weight than just adjusting activity levels and portion sizes. Careful individualized treatment is often required. However, on a societal level, we need to take hold of the reins, and provide our own healthy messages that outweigh those of the advertising industry. Rather than extremes becoming the norm, it would be a welcome relief to pick up a favorite magazine and see images of women at a healthy weight accompanied by newsprint that makes you feel better about yourself rather than preying on your inadequacies (thighs too large?, hips too wide?, wrinkles getting you down?). Or, reading about guidelines for moderation rather than fad diets that encourage extremism.

Happy mediums are difficult to attain. But, the rates of problems at both ends of the weight spectrum tell us that the messages of moderation and health are taking second fiddle to the messages of extremes. Reversing the obesity epidemic and the rising rates of eating disorders require societal change—making moderation an attractive goal is a good first step.

What Every Parent Needs To Know About EDs

By Tonja H. Krautter, Psy.D, LCSW

Dr. Tonja H. Krautter is a licensed clinical psychologist as well as a licensed clinical social worker. Her book, *What Every Parent Needs to Know About Eating Disorders* discusses how an eating disorder can be both frightening and overwhelming for parents. Anorexia and bulimia are aggressive, potentially lethal diseases, and often seem to spring up out of nowhere. In this book, Dr. Krautter shares the answers parents need to guide their child through intervention, treatment, and recovery. Combining clinical expertise with real-life examples, Dr. Krautter provides the tools and understanding parents need to help their child maintain hope even when daily battles are lost, and ultimately make it through to the other side.

Dr. Krautter will be at the Barnes and Noble in Campbell on Sunday, March 20th at noon for an EDRC-hosted book signing event.

Support Corner

NEW Support Group in Santa Cruz meets the 2nd Monday and 3rd Friday of each month from 7-8:30 pm at Sutter Maternity & Surgery Center (in the orthopedic waiting room), 2900 Chanticleer Avenue, Santa Cruz, CA 95065. Family members and friends are also welcome.

FREE Family & Friends Support Group

El Camino Hospital, Conf Rm “A”
2500 Grant Road
Mountain View 94040
Every 2nd and 4th Saturday, 9:30-11 am

FREE Body Image & Eating Disorders Support Group

PlaneTree Health Library (Mission Oaks campus)
15891 Los Gatos-Almaden Rd
Los Gatos 95032
Every 1st Wednesday at 6 PM & every 3rd Sunday at 5 PM

Save The Date

Book Signing

What Every Parent Needs To Know About Eating Disorders

by Dr. Tonja H. Krautter

Sunday, March 20th at
12 noon at Barnes and Noble
The Pruneyard, Campbell

Presentation and Book Signing

Crave: Why You Binge Eat and How to Stop

by Dr. Cynthia Bulik

Tuesday, April 5th at 4 pm at
Martin Luther King Library
Room 225/229, San Jose

We Appreciate Our Volunteers!



Sarah Johnson is a sophomore from Pioneer High School and chose eating disorders as her sophomore project. She has been volunteering with EDRC since September 2010 helping us update and main-

website. Sarah recently said, *"It's been great working at EDRC because I feel like I've learned so much and after every time I volunteer I walk away feeling as if I did something positive for the community. The people working here have been so wonderful and I'm so glad to be part of such a great organization."*



Kara Fitzpatrick is an instructor in psychiatry at Stanford University where she works with children and adolescents with eating disorders. She has done numerous physician education presentations for EDRC over the years. *"I am pleased to be able to help EDRC in their commitment to increasing awareness of eating disorders among health care professionals,"* stated Kara. *"And I appreciate their*

efforts to connect those with eating disorders to services through an excellent website and monthly support groups; and by offering programs in the schools to help prevent eating disorders. Their service to the community of parents, patients and professionals is invaluable and represents a critical bridge between research science, clinical practice and community engagement."

Special Thanks to our Donors

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EDRC is pleased to announce that we have met the Health Trust matching grant challenge and raised \$25,000 from NEW donors. Thank you to everyone who helped us achieve this goal.

Every attempt has been made to ensure the accuracy of this list. However, if a mistake is noted, please contact us at (408) 559-5593 or anna@edrcsv.org.

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JOIN US FRIDAY EVENING, MARCH 11TH

“Health For Sale” America the Beautiful sequel

EDRC is hosting the Silicon Valley premiere of *America The Beautiful: Health For Sale* on Friday, March 11th at 6:45 pm at Camera 3 Cinema in San Jose. Darryl Roberts, film producer, will be available along with a panel of eating disorders experts to answer questions following the film.

Thank you to **La Ventana Eating Disorder Programs, Hazelden Springbrook, and Timberline Knolls** for sponsoring this event.

Parking is free and tickets are \$5.00 each. Tickets are available at www.cameracinemas.com. Get your tickets early as seating is limited!

For more information, please call EDRC at (408) 559-5593.

Find us on FACEBOOK!

DID YOU KNOW?

OVERALL, 4.5% OF ADULTS, OR OVER 9 MILLION PEOPLE, HAVE STRUGGLED WITH EATING DISORDERS AT SOME POINT IN THEIR LIVES. MEN ACCOUNT FOR 25% OF AMERICANS WITH ANOREXIA OR BULIMIA AND 40% OF THOSE WITH BINGE-EATING DISORDER.

Source: National Institutes of Health
newsinhealth.nih.gov

Our Mission

Raise **awareness** through presentations to physician, educator, and community groups

Promote **recovery** by providing resources for education and treatment and monthly support groups

Participate in local, state and national **advocacy** efforts to support mental health parity, eating disorders legislation, and effective insurance coverage

To Donate

The EDRC is a 501(c)(3) public charity, ID # 68-0616393, and your gift is tax deductible as allowed by law. Please mail your gift to the address above or online at www.edrcsv.org

“I AM DELIGHTED THAT ROTARY CLUB OF SAN JOSE WAS ABLE TO DONATE FUNDS TO HELP EDRC PURCHASE MUCH NEEDED COMPUTER EQUIPMENT, BOOKS, AND MARKETING MATERIALS TO TAKE THEIR WORK TO THE NEXT LEVEL. THE COMMUNITY NEEDS TO LEARN ABOUT THIS VITAL TOPIC. WE ARE PLEASED TO SUPPORT EDRC THROUGH OUR ROTARY ENDOWMENT. WE SEE AND APPRECIATE THE GOOD WORK THEY ARE DOING IN OUR COMMUNITY.”

- **LISA JAFFERIES**, ROTARY CLUB MEMBER AND KAISER PERMANENTE EMPLOYEE