

# TIPS FOR KIDS AND/OR TEENS

## UNDERSTAND SIZE DIVERSITY

Everyone has a unique genetic composition that influences your bone structure, body size, weight, and shape differently. Your body can be healthy across a wide range of weights.



## AVOID COMPARISONS.

Try to stay away from comparing your body with your friends' bodies or celebrities on TV and social media. Remember, we are all naturally different.

## ASK YOURSELF HOW YOU ARE FEELING.

Have you noticed any physical health effects or emotional effects of your eating behaviors? What changes are you willing to make in your life to establish a healthy relationship with food? What do you gain from your current eating habits?

## SEEK SUPPORT.

When you start to notice your eating habits are affecting your life, mood, and ability to concentrate, it is important to talk to someone about what you are going through. It is never too early to ask for help!

## GET PROFESSIONAL HELP.

Getting help from a team of professionals, like your doctor, a therapist and a dietician, can help you understand and manage your feelings and behaviors. You can contact the National Eating Disorders Helpline: (800) 931-2237 or text "NEDA" to 741741 for immediate support.

### RECOMMENDED RESOURCES

#### Where Can I get More Information?

<https://www.nimh.nih.gov/health/topics/eating-disorders/index.shtml>

<https://www.nationaleatingdisorders.org/>

<http://maudsleyparents.org/welcome.html>

#### Books for Teens and Families:

Help your teenager beat an eating disorder. Lock, J., & Le Grange, D.

Life Without Ed. Jenni Schaefer.

The Body Image Workbook for Teens. Julia Taylor and Melissa Atkins Wardy.

### RESOURCES

Zhao, Y., Encinosa, W. Update on Hospitalizations for Eating Disorders, 1999 to 2009. HCUP Statistical Brief #120. September, 2011. Agency for Healthcare Research and Quality, Rockville, MD.

<http://www.hcup-us.ahrq.gov/reports/statbriefs/sb120.pdf>

Hudson JI, Hiripi E, Pope HG Jr, and Kessler RC. (2007). The prevalence and correlates of eating disorders in the National Comorbidity Survey Replication. *Biological Psychiatry*, 61(3):348-58.

NIH Categorical Spending -NIH Research Portfolio Online Reporting Tools (RePORT)." U.S National Library of Medicine. U.S. National Library of Medicine, 3 Jul. 2017. Web. 11 Jan. 2018.

Ulfvebrand, S., Birgegard, A., Norring, C., Hogdahl, L., & von Hausswolff-Juhlin, Y. (2015). Psychiatric comorbidity in women and men with eating disorders results from a large clinical database. *Psychiatry Res*, 230(2), 294-299.

<https://www.nationaleatingdisorders.org/what-are-eating-disorders>

<https://www.nimh.nih.gov/health/topics/eating-disorders/index.shtml>