



A Lesson in Eating Disorders

By Ayda Ayob, BS, Dietetic intern for OSU Extension

According to a 2011 [article](#) in the Archives of General

Psychiatry, eating disorders (EDs) affect at least 9% of the population worldwide and are the second leading cause of death related to mental illness after opioid overdose. EDs involve extreme eating behaviors that can negatively impact one's health, both physical and emotional. Most common EDs are anorexia nervosa, bulimia nervosa, and binge eating. EDs can be diagnosed using the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) by the mental health professional but many cases go undiagnosed.

EDs can be developed due to factors like genetics, psychiatric history (anxiety, depression or Obsessive Compulsive Disorder or OCD), family environment, sociocultural values like diet culture or fat phobia, and personality traits. The generalized basis of EDs is when people focus too much on their own and other's perception of their weight, body shape, and food that can lead to dangerous eating behaviors.

Populations who are at risk for EDs include athletes, pregnant women, college students, picky eaters and adolescents/teenagers. Others at risk may include people with diabetes, allergies/intolerances or those with health or nutrition obsessions. Interestingly, vegan and vegetarian populations are one of the "red flags" for EDs. An [article](#) published in the Journal of the Academy of Nutrition and Dietetics stated that more than 52% of women with a history of ED had been vegetarian and 68% identified a relationship between their vegetarianism and their ED.

EDs can cause complications like malnutrition, decreased metabolic rate, gastrointestinal issues, poor concentration, weak memory, insomnia, anxiety, depression, distorted body image, and poor decision making.

Treatments include nutrition therapy, behavioral therapy, prescription medications, and family involvement. Those with ED are best helped when treated by a multidisciplinary team including physicians, psychiatrists, and registered dietitians.

Most complications of EDs are reversible once the normal eating behavior returns. Another way to overcome EDs is to adopt the [Health at Every Size](#) mentality and practice [intuitive eating](#) to ensure you still maintain good health while also having a positive relationship with food.

For more information on eating disorders:

[National Association of Anorexia Nervosa and Associated Disorders \(ANAD\)](#)

[National Eating Disorders Association \(NEDA\)](#)

[USDA Nutrition and Eating Disorders](#)

Ayda Ayob completed a 9-week dietetic community rotation with OSU Extension Family and Community Health this past Dec. She created numerous resources for FNG Pea Podcasts.



“Healthy eating isn’t about counting fat grams, dieting, cleanses and antioxidants.

It’s about eating food untouched from the way we find it in nature

in a balanced way.”

~Pooja Mottl



JAN NUTRITION CLASSES

Mon Jan 9: D for Deficient 6:30-7:30 pm. Understand the importance of adequate vitamin D and current recommendations. Presented by Stephanie Polizzi, RDN, OSU Extension. Coquille SDA Fellowship Hall, 1051 N Cedar Pt Rd, Coq

Sun Jan 15: Quick Class Apple Cider Vinegar 2-2:30 pm. Learn how to use apple cider vinegar to support blood sugar regulation, a healthy body weight, heart health, and more. Presented by Cheryl O'Dell, Nutritional Health Coach, 598 N Broadway, CB

Sun Jan 29: 21 Days to a Healthier You: Eat for Your Health & the Planet's 2-3:00 pm. Unpack what healthy eating means and provide the foundation for building balanced and delicious meals that regenerate our world. Presented by Cheryl O'Dell, Nutritional Health Coach, Natural Grocers, 598 N Broadway, CB

Thu Sep 22: Cooking Hungarian Mushroom Soup with the Co-op 5:30-6:30 pm. Presented by Sam Bough from Advanced Health. Register here: <https://bit.ly/3powyqG>

Prefer to learn at home?

Watch archived nutrition webinars that demonstrate how foods really are medicine. Download handouts. Presented by Stephanie Polizzi, RDN, OSU Extension Family & Community Health

<https://extension.oregonstate.edu/coos/healthy-families-communities>



The Food & Nutrition Group (FNG), Coos County is working to address 3 needs from our community health assessment:

- Education to support increased intake of fruits & veggies
- Policies & program support to increase access to healthy foods
- Policies and education to decrease intake of sugar drinks

FNG webpage is hosted by Coos Head Food Co-op. <https://coosheadfood.coop/>

FNG is working on new initiatives for 2023. Join us in making a difference. We meet monthly on the 2nd Thu at 2 pm virtually on Zoom. <https://oregonstate.zoom.us/j/93645091522?pwd=MzBjVGtrREdJL1c3ZmtlZmg2eEVXdz09> Password: 952412

Join by Telephone 971 247 1195
Meeting ID: 921 2355 8748

Or contact Stephanie Polizzi, Chair, for a Zoom invitation email: stephanie.polizzi@oregonstate.edu



Healthy Bytes Initiative

Food of the month for Jan is AMARANTH

Amaranth is a small, ancient grain, slightly larger than a poppy seed, that has been cultivated for over 8,000 years. Its name means “unfading” in Greek and it was a staple food of the Inca, Maya and Aztec civilizations.

It has a sweet, nutty flavor and is rich in nutrients, fiber and protein. It belongs to the family of beets and spinach and is a gluten-free seed or *pseudograin*. You can find amaranth in the bulk grain section at Coos Head Food Co-op. It's inexpensive, healthy and delicious.

Find HBI recipes, handouts, posters and PowerPoint slides at <https://advancedhealth.com/healthy-bytes-initiative> or <https://extension.oregonstate.edu/coos/healthy-families-communities>



NEW CONTENT

Plant-based Diet for Pregnant and Breastfeeding Mothers video and infographic
Incognito & No Meat-o handout with recipe

Pea Podcasts projects can be found in a variety of digital formats including videos, handouts, infographics and short articles.

Find these and more nutrition resources here: <https://coosheadfood.coop/food-nutrition-group>