

Feb 22nd, 2017

Weekly Chatter

Eating Disorders Awareness Week (Feb 26th - March 4th)

While [studies](#) show that 30 million Americans will struggle with an eating disorder at some point in their lives, **teens are especially vulnerable** to eating disorders as they face **constant pressures to be excessively thin or to habitually eat unhealthily** from both their peers and the media.

*Eating disorders such as **bulimia, binge eating disorder, and anorexia**, are serious illnesses that **involve extreme emotions, attitudes, and behaviors surrounding food, exercise, and body image.***

They can even damage the brain, heart, bones, kidneys and liver; and they have the highest mortality rate of any mental illness.

THE DANGERS OF WEIGHT-BASED TEASING AND DIET TALK AT HOME

Family weight teasing predicts:



binge eating



weight gain



extreme weight control measures

Parental weight talk—**either encouraging a child to diet or speaking about their own diet**—is linked to the development of both eating disorders and overweight in the child.

About **3% of US adolescents** are affected by an eating disorder [research](#) show and **girls are more than twice as likely as boys to be affected**. The following signs may help identify a child with an eating disorder:

- eating in secret
- **preoccupation with food**
- calorie counting
- **fear of becoming fat**
- binge eating
- **purging**
- food phobias or avoidance

As [research](#) shows that most adolescents do not receive treatment for their specific eating condition, comprehensive eating disorders treatment programs, which usually

include medical doctors, psychologists, psychiatrists, dietitians and physical therapists, are extremely important.

Families also play an important role in treatment and recovery as chances of recovery increase when the patient's family is supportive and involved in treatment.



For more information

[How to Have a Healthy Family Table](#)

[The Impact of Media Use & Screen Time on Children, Adolescents & Families](#)

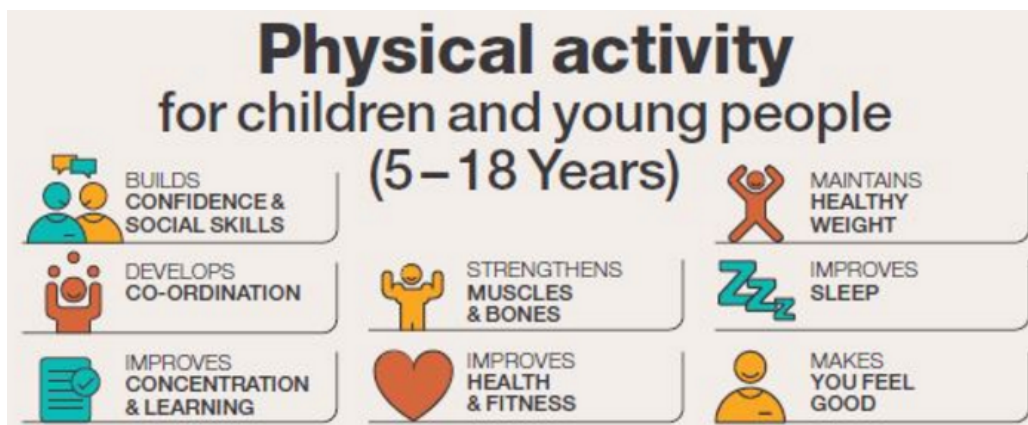
[National Eating Disorders Association](#)

Physical Activity Promotes Child Emotional Wellbeing

According to the results of a recent [study](#), regular, moderate to vigorous **physical activity not only helps prevent children from experiencing depression**, but it can also help depressed children cope with, and eventually decrease, their symptoms. Researchers defined moderate to vigorous physical activity as **that which leaves kids sweaty or out of breath**.

[Research](#) shows that **children who play outdoors regularly**

- **develop stronger immune systems,**
- **have more active imaginations,**
- **have lower stress levels,** and
- **play more creatively.**



*While winter can be a difficult time to keep kids active when it's too cold to play outside, there are still **many simple games and activities that can help kids and teens stay active** and have fun if they end up stuck inside with "nothing to do."*

Having a "dance party" for your toddlers, encouraging your elementary-age kids to build a fort with blankets and pillows, or putting on an exercise video for your middle and high school teens are just a couple activities your kids can do inside that will keep them from zoning out in front of screens all day.

For more information

[Toddlers to Teens: How to Keep Kids Active Inside](#)
[Youth Physical Activity Guidelines Toolkit](#)
[Kids & Exercise](#)

Teaching Children to Listen, Admire & Reason

#WeeklyBlogPost

Listening helps children to comprehend their experiences. Admiration helps children appreciate the good things in life; and the ability to reason helps children think.

For information to help you develop these skills in your child,

[CLICK HERE](#)

and please, leave a comment!



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