



# Mental Disorders

## Eating Disorders

Eating Disorders amongst Black women are beginning to come to the surface. Books like 'Not All Black Girls Know How to Eat' exemplify the often ignored Black woman struggling with an eating disorder. Eating disorders are understudied and under diagnosed in Black communities. The most prevalent eating disorder amongst Black people are Binge Eating Disorder, with Bulimia Nervosa in 2nd place, and Anorexia Nervosa being the least prevalent.

### Anorexia Nervosa Symptoms

- Restriction of nutrition needed to maintain a healthy body weight based on age and development.
- Fears of gaining weight and persistent behavior to stop weight gain.
- Constant self-evaluation of body image, weight, and shape.

### Bulimia Nervosa Symptoms

- Eating food larger than most people would eat.
- A lack of control when eating.
- Behaviors to prevent weight gain after over-eating like vomiting, laxatives, diuretics, fasting, and exercising.
- Constant self-evaluation of body image, weight, and shape.

### Binge Eating Disorder

- Eating for a long period of time that is larger than most people would eat.
- Eating until uncomfortably full.
- Eating when not feeling physically hungry.
- Lack of control over eating during a period of time.
- Episodes of overeating happen at least once a week for 3 months.
- Feeling embarrassed, depressed, or guilty about eating.

### Warning Signs

- Excessive weight gain or loss.
- Obsessing about body image and weight.
- Privately eating food out of fear of people knowing that you are overeating.
- Vomiting after eating
- taking medicine/supplements to lose weight when no weight loss is needed.

Sources: DSM-V, Psychology Today



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### Treatment

- Psychotherapy: Nutritional Counseling, Cognitive Behavioral Therapy, Habit Reversal Training
- Mindfulness Practices: Yoga, Relaxation Techniques
- Acupuncture
- Medication