

Feb 1, 2019

Press Release – For Immediate Distribution

Eating Disorders Awareness Week

February 1-7 is Eating Disorder Awareness Week in Canada. To acknowledge this, APNL would like to help increase public awareness of a variety of types of eating disorders.

Many people are familiar with eating disorders such as Anorexia Nervosa, Bulimia Nervosa and Binge-Eating Disorder. However, the most recent revision of the DSM includes a new category of Eating Disorder known as Avoidant/Restrictive Food Intake Disorder (ARFID) which may be unfamiliar to many but which may affect roughly 5% of children.

- \* Symptoms typically show up in infancy or childhood.
- \* A child may avoid foods with certain textures or colours, smells, temperatures or tastes (more than just picky eating and does not improve on its own without intervention)
- \* A child may have a traumatic experience involving food (e.g. near choking episode, food poisoning/stomach flu) and may develop a fear of eating
- \* ARFID does not include perceptions of body dissatisfaction
- \* If left untreated, it can develop into anorexia nervosa or bulimia nervosa later in adolescence or adulthood.
- \* Strong relationship with anxiety and obsessive compulsive disorder

Through this eating disorder, the body's requirements for nutrition and energy are consistently not being met. This manifests in one or more of the following:

- a. Significant weight loss (or not achieving expected weight gain in children), or
- b. Significant nutritional deficiency leading to suboptimal development, or
- c. Dependence on nutritional supplements, or
- d. Marked interference with psychosocial, and potentially physical, functioning

Help for this, and all types of Eating Disorders is available. Speak with your physician if you have any concerns, and visit [www.apnl.ca](http://www.apnl.ca) to find out how to access a Psychologist who provides treatment for Eating Disorders.

Media interviews with a Psychologist on this (or other topics), can be arranged by contacting Dr. Janine Hubbard at 682-0235 or [janine@janinehubbard.com](mailto:janine@janinehubbard.com)