

# Weight Management



# **Weight Management**

**Almost 60 billion dollars  
is spent annually related  
to adverse health  
consequences of obesity**

# **Weight Management**

**Adopting a Healthy Lifestyle for  
Successful Weight Management**

**Diet and eating habits  
Physical activity and exercise  
Thoughts and emotions  
Coping strategies**

# Weight Management

## Eating Disorder

Eating disorder = a serious disturbance in eating pattern or behavior, characterized by a negative body image and concerns about body weight or body fat

### Major types

Anorexia nervosa

Bulimia nervosa

Binge-eating disorder

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## Eating Disorder

**Anorexia nervosa** = an eating disorder characterized by a refusal to maintain body weight at a minimally healthy level and an intense fear of gaining weight or becoming fat

- Affects 1–3 million Americans, 95% female
- Distorted body image
- Severe medical complications, including death

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## Eating Disorder

**Binge-eating disorder** = an eating disorder characterized by binge eating and a lack of control over eating behavior in general

- Eating patters:

Eating very rapidly      Eating uncomfortable full  
Eating alone              Eating when not hungry

- Feeling of guilt, shame and depression

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