



Agenda for

**Nicole Hawkins, PhD, CEDS – Director of Clinical Services and Interim CEO at Center for Change, and
Quinn Nystrom, Founder/President - Qspeak & Dateline Diabetes and Center for Change National
Diabetes Ambassador**

presenting on

***“Orthorexia Nervosa: Pathologically Healthful Eating vs Pathologizing Healthy Habits” and “Eating
Disorders & Type 1 Diabetes: A Complicated Relationship”***

May 2, 2019

8:00am-12:00pm

8:00am- 12:00pm

- 8:00am
 - o Check in and Breakfast
- 8:30am-12:00pm
 - o Presentation

This presentation will detail the evolution of Orthorexia Nervosa from the musings of a physician in the US to the work by Italian researchers to classify those suffering from the condition. Despite methodological flaws, a burgeoning literature has developed about this condition. The current state of the scholarship in ON will be discussed, particularly best estimates of prevalence, original research by the authors regarding the ability to detect the condition, and whether ON is deserving its own diagnostic entry in such classification systems as the DSM-5. Diagnostic criteria, case studies, the relationship of ON to AFID and treatment will be addressed. Orthorexia Nervosa (ON), pathologically healthful eating, was first described by osteopathic physician in the early 2000s. He noticed several of his patients had either become underweight, or developed other health problems, because of a rigid adherence to a diet falsely believed to be healthy. Despite a book on the topic (“Health Food Junkies” and encouragement by a reviewer in the Journal of American Medical Association encouraging exploration of this phenomenon, the study of ON has largely been of interest to European scholars. This presentation will detail the evolution of ON from the musings of a physician in the United States to the work by Italian researchers to classify those suffering from the condition. Despite serious methodological flaws, a burgeoning literature has developed about this condition. It has only been recently that ON has come to the attention of mainstream US researchers, largely because of a well-known diet blogger announcing that she had the condition to her thousands of social media followers. The current state of the scholarship in ON will be discussed, particularly best estimates of prevalence, original research by the authors regarding the ability to detect the condition, and whether ON is deserving its own diagnostic entry in such classification systems as

the DSM-5. Finally, diagnostic criteria, case studies, the relationship of ON to Avoidant/Restrictive Food Intake Disorder and treatment will be addressed.

Living with type 1 diabetes is complicated enough, but then throw in a dual diagnosis of an eating disorder, and the management of the two becomes tricky. Eating disorders paired with diabetes can be a life-threatening combination. Quinn will discuss her personal journey of seeking recovery, and how healthcare professionals can help guide and support their patients who present with both a chronic illness and an eating disorder.

Outline for Orthorexia Nervosa: Pathologically Healthful Eating vs Pathologizing Healthy Habits:

Orthorexia Nervosa (ON), pathologically healthful eating, was first described by osteopathic physician in the early 2000s. He noticed several of his patients had either become underweight, or developed other health problems, because of a rigid adherence to a diet falsely believed to be healthy. Despite a book on the topic ("Health Food Junkies" and encouragement by a reviewer in the Journal of American Medical Association encouraging exploration of this phenomenon, the study of ON has largely been of interest to European scholars.

The history of orthorexia nervosa will be examined and the role of popular culture. This presentation will detail the evolution of ON from the musings of a physician in the United States to the work by Italian researchers to classify those suffering from the condition. Despite serious methodological flaws, a burgeoning literature has developed about this condition. It has only been recently that ON has come to the attention of mainstream US researchers, largely because of a well-known diet blogger announcing that she had the condition to her thousands of social media followers.

The current state of the scholarship in ON will be discussed, particularly best estimates of prevalence, original research by the authors regarding the ability to detect the condition, and whether ON is deserving its own diagnostic entry in such classification systems as the DSM-5. Assessment measures of orthorexia nervosa will be reviewed and examined. Healthy eating vs pathological eating will be discussed along with the stigma of healthy eating. Finally, diagnostic criteria, case studies, the relationship of ON to Avoidant/Restrictive Food Intake Disorder and treatment will be addressed.

Outline for Eating Disorders & Type 1 Diabetes: A Complicated Relationship:

- 1) Describe what life is like for an individual living with Type 1 diabetes.
- 2) Reasons why people with Type 1 diabetes are more at risk for eating disorders.
- 3) Describe the events that occurred to make the switch in thinking between being a victim or a victor with life with ED-DMT1.
 - a. Motivation to seek treatment.
 - b. Describe how recovery is a daily decision that needs to be made with Type 1 Diabetes and an eating disorder.
- 4) Unique challenges for a person who has Type 1 diabetes and an eating disorder.
- 5) Compare and contrast different medical professionals and the approaches they use in interacting with patients, and how those can affect one's life care with ED-DMT1.
- 6) Describe the 5 best communication styles when talking with patients living with diabetes.

- Question and Answer



Format:

Presentation

Date:

May 2, 2019

Time:

8:00am -12:00pm

CE credits for this presentation:

3 CE credit for this 3 hour presentation

Type:

Lecture, interactive with Question and Answer

Training For:

Staff of Hospitals, Medical Centers, Mental Health Clinics, General Medicine Physicians, Psychiatrists, APRN's, Psychologists, therapists, Counselors, Substance abuse counselors, Dietitians, Nurses, Mental Health Technicians, Certified Diabetes Educators and other diabetes professionals

Presenters:

Nicole Hawkins, PhD, CEDS, Director of Clinical Services and Interim CEO at Center for Change, and Quinn Nystrom, Founder/President - Qspeak & Dateline Diabetes and Center for Change National Diabetes Ambassador

Presentation Title:

"Othorexia Nervosa: Pathologically Healthful Eating vs Pathologizing Healthy Habits" and
"Eating Disorders & Type 1 Diabetes: A Complicated Relationship"

Brief Description of Presentation:

Presentation will detail the evolution of Orthorexia Nervosa from the musings of a physician in the US to the work by Italian researchers to classify those suffering from the condition. Despite methodological flaws, a burgeoning literature has developed about this condition. The current state of the scholarship in ON will be discussed, particularly best estimates of prevalence, original research by the authors regarding the ability to detect the condition, and whether ON is deserving its own diagnostic entry in such classification systems as the DSM-5. Diagnostic criteria, case studies, the relationship of ON to AFID and treatment will be addressed. Orthorexia Nervosa (ON), pathologically healthful eating, was first described by osteopathic physician in the early 2000s. He noticed several of his patients had either become underweight, or developed other health problems, because of a rigid adherence to a diet falsely believed to be healthy. Despite a book on the topic (“Health Food Junkies” and encouragement by a reviewer in the Journal of American Medical Association encouraging exploration of this phenomenon, the study of ON has largely been of interest to European scholars. This presentation will detail the evolution of ON from the musings of a physician in the United States to the work by Italian researchers to classify those suffering from the condition. Despite serious methodological flaws, a burgeoning literature has developed about this condition. It has only been recently that ON has come to the attention of mainstream US researchers, largely because of a well-known diet blogger announcing that she had the condition to her thousands of social media followers. The current state of the scholarship in ON will be discussed, particularly best estimates of prevalence, original research by the authors regarding the ability to detect the condition, and whether ON is deserving its own diagnostic entry in such classification systems as the DSM-5. Finally, diagnostic criteria, case studies, the relationship of ON to Avoidant/Restrictive Food Intake Disorder and treatment will be addressed.

Living with type 1 diabetes is complicated enough, but then throw in a dual diagnosis of an eating disorder, and the management of the two becomes tricky. Eating disorders paired with diabetes can be a life-threatening combination. Quinn will discuss her personal journey of seeking recovery, and how healthcare professionals can help guide and support their patients who present with both a chronic illness and an eating disorder.

Outline for Orthorexia Nervosa: Pathologically Healthful Eating vs Pathologizing Healthy Habits:

Orthorexia Nervosa (ON), pathologically healthful eating, was first described by osteopathic physician in the early 2000s. He noticed several of his patients had either become underweight, or developed other health problems, because of a rigid adherence to a diet falsely believed to be healthy. Despite a book on the topic (“Health Food Junkies” and encouragement by a reviewer in the Journal of American Medical Association encouraging exploration of this phenomenon, the study of ON has largely been of interest to European scholars.

The history of orthorexia nervosa will be examined and the role of popular culture. This presentation will detail the evolution of ON from the musings of a physician in the United States to the work by Italian researchers to classify those suffering from the condition. Despite serious methodological flaws, a burgeoning literature has developed about this condition. It has

only been recently that ON has come to the attention of mainstream US researchers, largely because of a well-known diet blogger announcing that she had the condition to her thousands of social media followers.

The current state of the scholarship in ON will be discussed, particularly best estimates of prevalence, original research by the authors regarding the ability to detect the condition, and whether ON is deserving its own diagnostic entry in such classification systems as the DSM-5. Assessment measures of orthorexia nervosa will be reviewed and examined. Healthy eating vs pathological eating will be discussed along with the stigma of healthy eating. Finally, diagnostic criteria, case studies, the relationship of ON to Avoidant/Restrictive Food Intake Disorder and treatment will be addressed.

Outline for Eating Disorders & Type 1 Diabetes: A Complicated Relationship:

- 1) Describe what life is like for an individual living with Type 1 diabetes.
- 2) Reasons why people with Type 1 diabetes are more at risk for eating disorders.
- 3) Describe the events that occurred to make the switch in thinking between being a victim or a victor with life with ED-DMT1.
 - a. Motivation to seek treatment.
 - b. Describe how recovery is a daily decision that needs to be made with Type 1 Diabetes and an eating disorder.
- 4) Unique challenges for a person who has Type 1 diabetes and an eating disorder.
- 5) Compare and contrast different medical professionals and the approaches they use in interacting with patients, and how those can affect one's life care with ED-DMT1.
- 6) Describe the 5 best communication styles when talking with patients living with diabetes.

Learning objectives for Orthorexia Nervosa: Pathologically Healthful Eating vs Pathologizing Healthy Habits:

Based on the content of the workshop participants will be able to:

- 1) 1. Participants will be able to explain the current state of the scholarship in Orthorexia Nervosa and best estimates of prevalence.
- 2) 2. Participants will be able to explain if ON is deserving its own diagnostic entry in such classification systems as the DSM-5.
- 3) 3. Participants will be able to identify the diagnostic criteria and the relationship of ON to Avoidant/Restrictive Food Intake Disorder.

Learning objectives for Eating Disorders & Type 1 Diabetes: A Complicated Relationship:

Based on the content of the workshop participants will be able to:

- 1) Better understand the complicated relationship with a person who is diagnosed with ED-DMT1.
- 2) Identify five communication styles to use when talking with a patient with type 1 diabetes and/or an eating disorder.
- 3) Identify various ways that aid in someone's success and increased self-efficacy when managing ED-DMT1.

Professional Peer Review and Clinical Text Resources and Citations for Orthorexia Nervosa: Pathologically Healthful Eating vs Pathologizing Healthy Habits:

1. Bratman, S. (2017). Orthorexia vs. theories of healthy eating. *Eating and Weight Disorders*, 22, 381-385.
2. Koven, N.S, & Arbry, A.W. (2015) The clinical basis of orthorexia nervosa: emerging perspectives. *Neuropsychiatry Disease and Treatment*, 11, 385-394.
3. Simpson, C. & Mazzeo, S.E. (2017). Attitudes toward orthorexia nervosa relative to DSM-5 eating disorders. *International Journal of Eating Disorders*, 50, 781-792.
4. Dunn, T.M & Bratman, S. (2016). On orthorexia nervosa: A review of the literature and proposed diagnostic criteria. *Eating Behaviors*, 21, 11 -17.
5. Dunn T, Gibbs J, Whitney N, Starosta A. Prevalence of orthorexia nervosa is less than 1%: Data from a US sample. 2017 *Eat weight disord* 22:185–92 Crossref, Google Scholar

Professional Peer Review and Clinical Text Resources and Citations for Eating Disorders & Type 1 Diabetes: A Complicated Relationship:

- 1) There Is a Missing Ingredient in Diabetes Care Today, Aus Alzaid, MD, 2014
- 2) Social Learning Theory, Albert Bandura, 1977
- 3) Comorbid Diabetes and Eating Disorders in Adult Patients, Cynthia Gagnon, Annie Aime, Claude Belanger, Jessica Tuttmann Markowitz, 2012
- 4) The Diabetes Educator's Role in Managing Eating Disorders and Diabetes, Patti Urbanski, Ann E. Goebel-Fabbri, Maggie Powers, and Dawn Taylor, 2009

Statement of possible risk:

It is possible that participants, as a byproduct of attending this training, will have an opportunity to look at themselves and apply principles into their own lives, as well as those they treat. Therefore, there is always potential that participants could experience a mild degree of emotional discomfort as they look in the emotional mirror in application of these principles in their own lives.