

# Navigating transitions and uncertainty:

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A conversation about eating disorders & body image on campus



Family  
Services  
NORTH SHORE  
Changing lives together

jessie's legacy

EATING DISORDERS PREVENTION + AWARENESS

A Family Services of the North Shore program



# What to expect

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- Transitions
- Disordered Eating vs Eating Disorders
- Impact of COVID-19
- Campus culture
- Building capacity
- Support & Resources

# Before we begin

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A note about:

- Gender -
- Language -
- Safety -

This session will be recorded, but breakout rooms will not.  
Please share what feels comfortable!

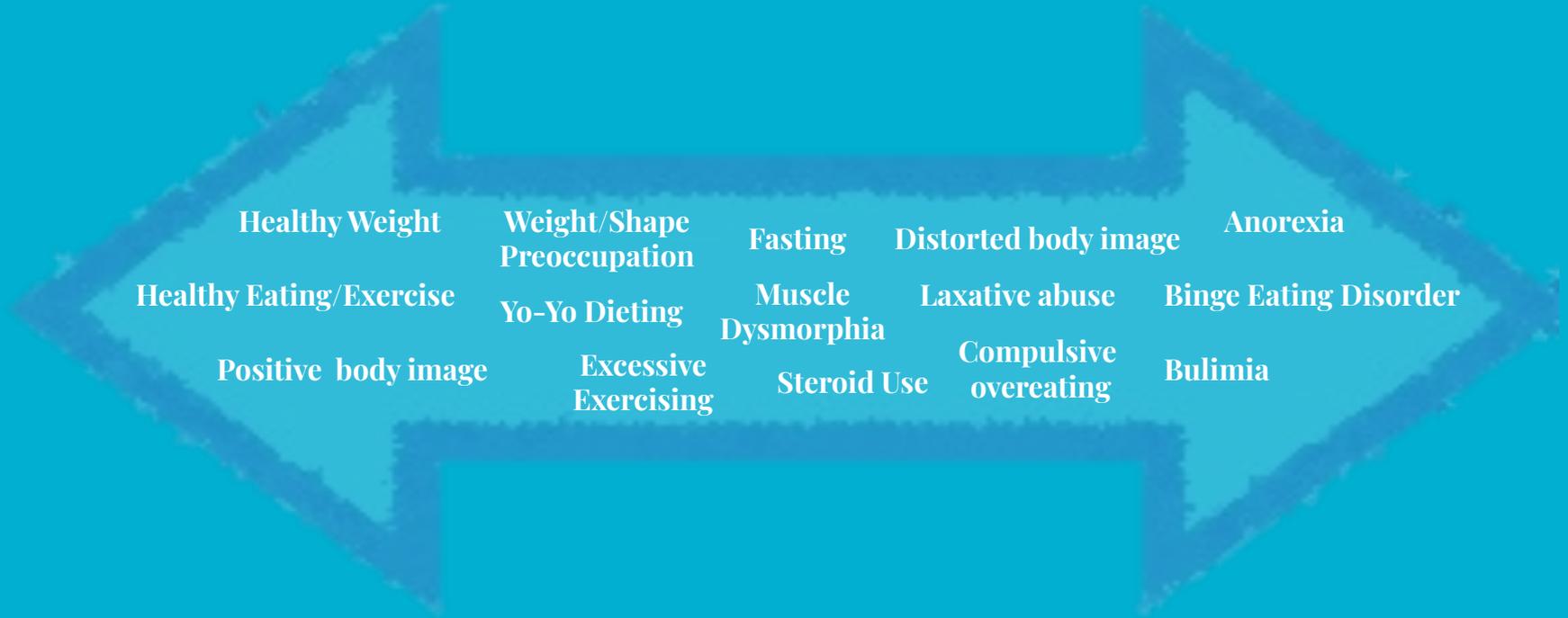
# Disordered Eating

- Preoccupation with weight, shape, image, size, etc.
- Unhealthy dieting or weight control behaviours
- Significant impact on social, emotional, and personal life domains

# Eating Disorders

- Clinical diagnosis made by a doctor or psychologist
  - Specific criteria need to be met
  - Significant impact on physical, social, emotional wellbeing
  - Medical complications
  - Must be for an extended period of time
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# Range of Disordered Eating



# Eating Disorders & COVID-19

“For many people, food becomes one thing that they feel like they can control in a life that feels filled with influences they cannot control”

(Whitlock 2020)

# Themes

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- Disruptions in routine
- Food access
- Social isolation
- Pressure around productivity & exercise
- Increased media consumption
- Restricted access to resources

(Rodgers et al., 2020) (Miniati et al., 2021) (Solmi et al., 2021)

# breakout

**What did you notice about your own relationship to food/your body during the beginning of the pandemic?**

**How might this have impacted someone who was first experiencing a struggle with food/their body versus someone who was already struggling?**

# Eating Disorders & COVID-19

“It is difficult to think of a scenario that could have promoted so many risk factors for eating disorders at a societal level as much as the current situation”

64.5%

of people with a history of an eating disorder reported an increase in restrictive behaviours

26%

of people without a history reported an increase in restrictive behaviours

35%

of people both with and without a history of an eating disorder reported an increase in binge eating behaviours

# Return to campus

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- Increased isolation leading to more time than ever on social media
- Freshman 15 x Quarantine 15
- Remote learning & fewer outside pursuits leading to disinterest
  - Manifested in changes in increased food consumption and excessive exercise

# Return to campus

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- Study found overall students consumed less food every day during pandemic vs before
  - Decrease overall in beverage consumption but increase in alcohol
- Campus culture
- Meta-transitions and coping with uncertainty

# breakout

**What are the struggles and barriers to having a healthy relationship to food/body image on your campus?**

**What opportunities are there for community building and connection?**

# Building capacity – checking in with yourself

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Reflect on the impact on daily functioning and quality of life:

- Do aspects of my life feel out of balance? In what ways?
- Has my relationship to food, my body, movement shifted? What is my sense of what has contributed to that shift?
- Is how I feel about my body impacting/changing the way I show up in the world?

*Reminder to approach these questions with compassion*

# Building capacity – supporting others

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Open, curious, non-judgmental stance is the most helpful.

Directive vs. Collaborative support:

*“You need to start gaining weight, you’re getting way too thin.”* vs.

*“Would it help if I came with you to your counselling appointment?”*

Zooming out from food/body specific concerns creates safety and an opportunity for the individual to open up in a way that is most supportive to them.

(Geller, et al., 2017)

# Q&A

Resources coming soon!

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