

27<sup>TH</sup> OCTOBER, 2021



# Food awareness: good habits to stay healthy

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# WHO ARE WE?



Nutrimente is an association made up of professionals, doctors, psychiatrists, psychotherapists and dieticians who have experience in the treatment of Eating Disorders. The association takes shape because of the need to act outside a clinical reality of care.



Sistema Socio Sanitario



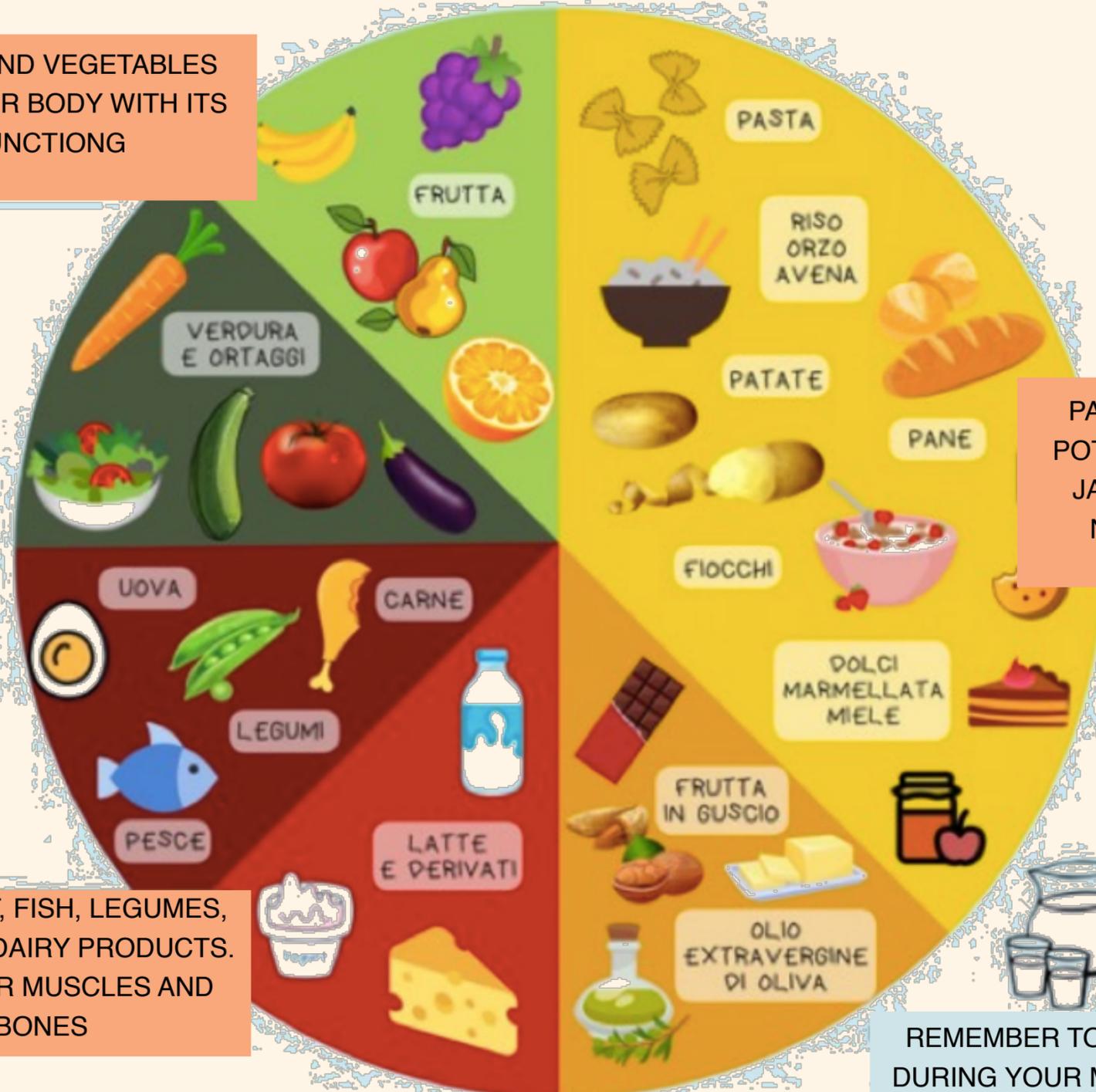
ASST Santi Paolo e Carlo

# Well-being: a virtuous cycle



# An healthy eating style

FRUITS AND VEGETABLES HELP YOUR BODY WITH ITS FUNCTIONG

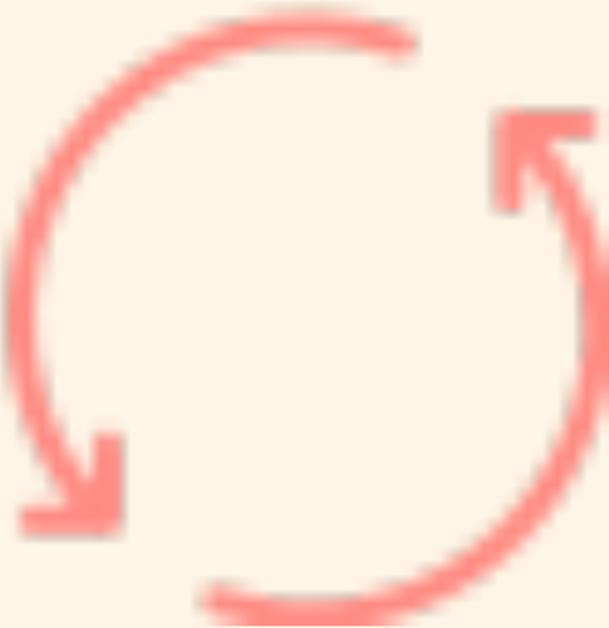


PASTA, RICE, BARLEY, OAT, POTATOES, BREAD, SWEETS, JAM, HONEY, EVO OIL AND NUTS GIVE US ENERGY

EGG, MEAT, FISH, LEGUMES, MEAT AND DAIRY PRODUCTS. FORM OUR MUSCLES AND BONES

REMEMBER TO STAY HYDRATED DURING YOUR MEALS AS WELL AS DURING THE DAY AND DRINK MORE WATER IF YOU PLAY ANY SPORT.

MIND

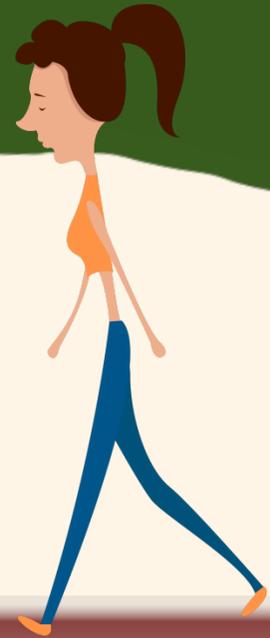
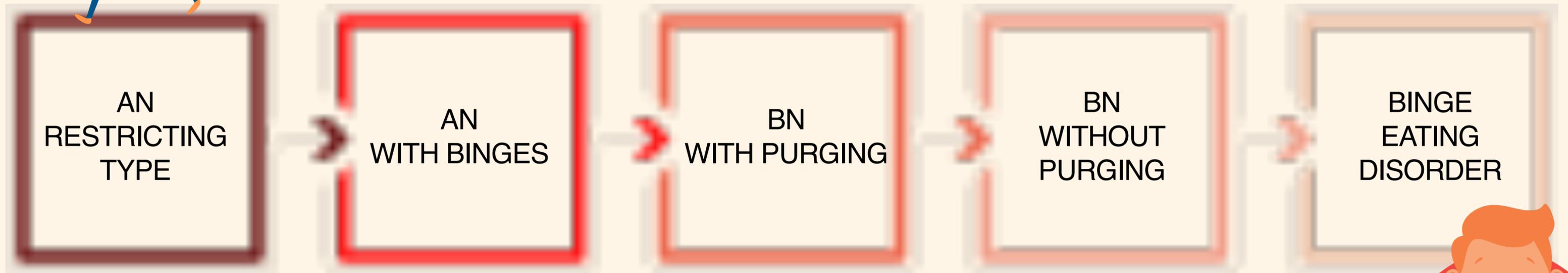


BODY

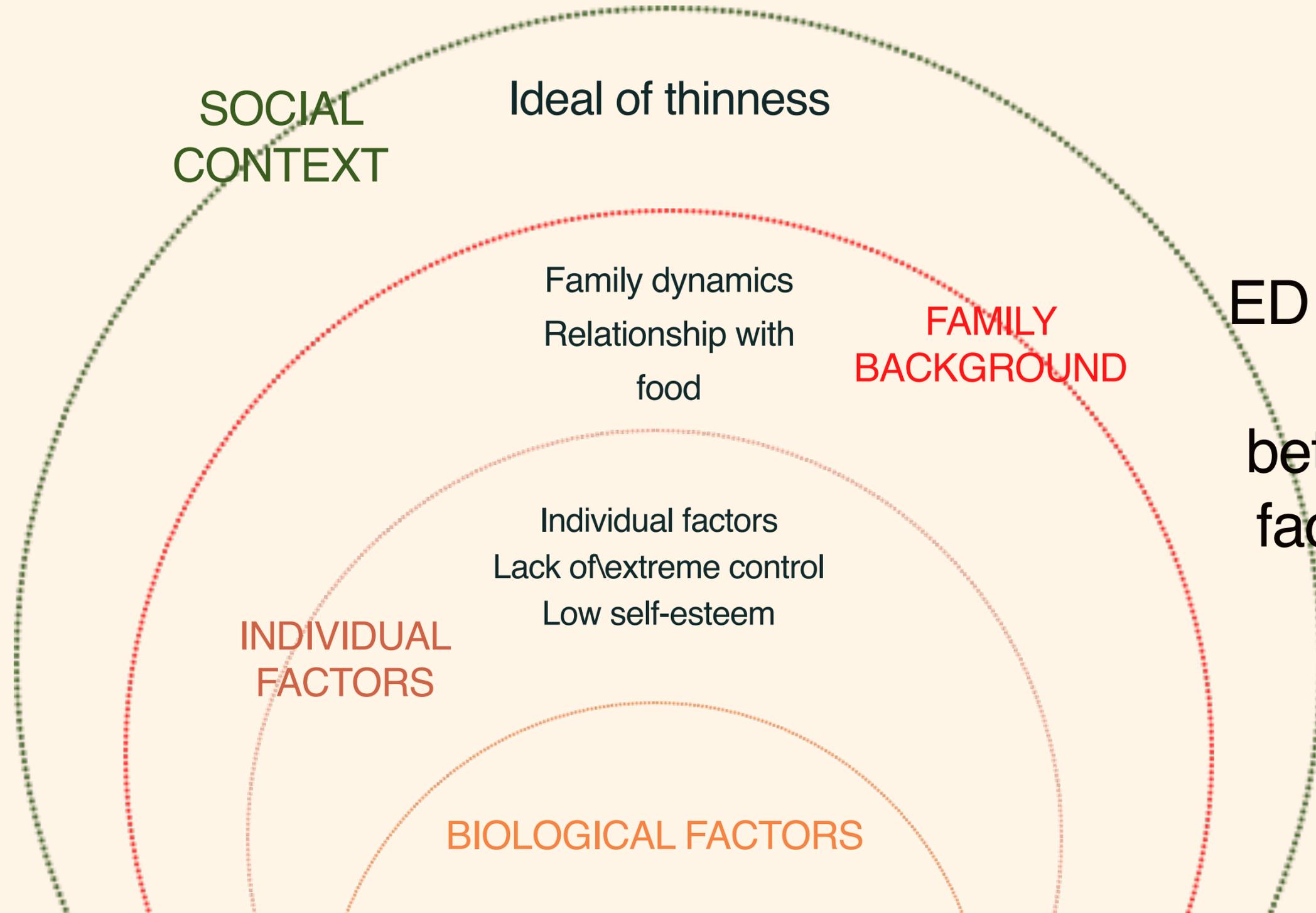
# What is an Eating Disorder?



Eating Disorders' range:  
from **extreme thinness** to  
**obesity**



# A multifactorial etiopathology



It does not exist only one trigger

ED are the result of a complex interaction between internal and external factors, which predispose the individual and trigger the symptomatic onset.

# MAJOR EATING DISORDERS

## ANOREXIA NERVOSA

- Persistent, rigid and extreme restriction
  - Low weight
- Excessive evaluation of the weight and shape of the body (fear of gaining weight)
- Pre-pubertal and adolescent onset following a strict diet
- It can be accompanied by episodes of bingeing



## BULIMIA NERVOSA

- Recurrent episodes of binge eating followed by inappropriate compensatory behaviors (self-induced vomiting, abuse of laxatives and diuretics or other drugs)
- Self-evaluation purely dependent on body shapes and weight
- Normal BMI (18-25)



## BINGE EATING DISORDER

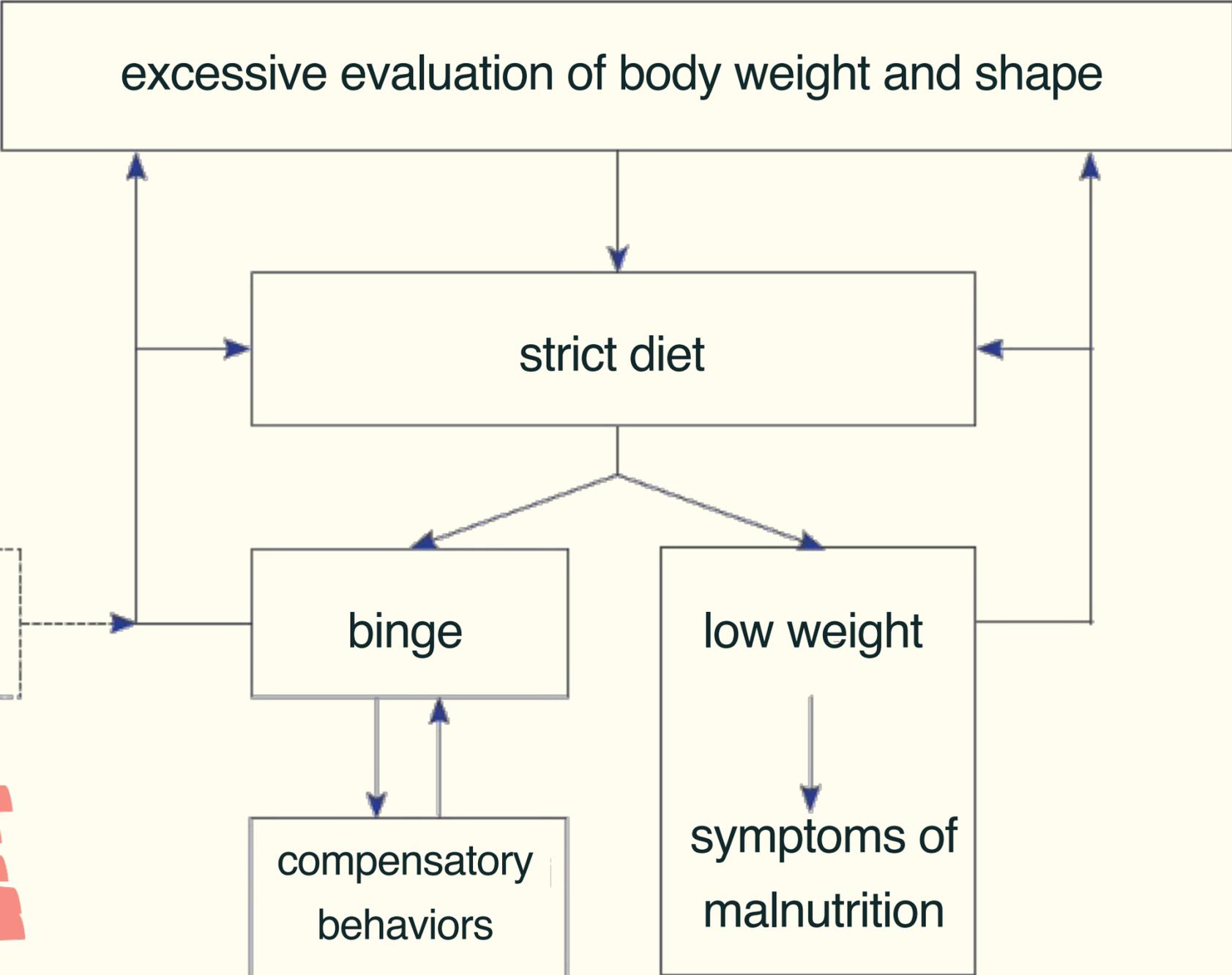
- Recurring bingeing episodes not followed by compensatory behavior
- General tendency to overeat
- It often coexists with obesity



Low self esteem

Strict perfectionism

Interpersonal difficulties



Intolerance to negative emotions

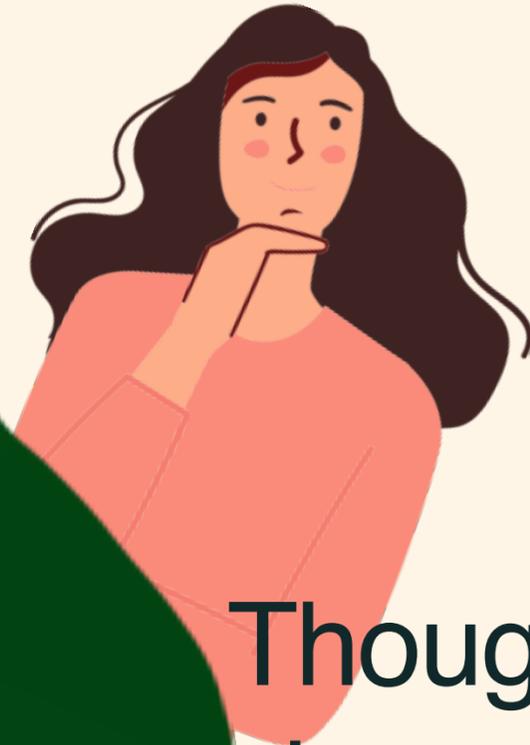
# ED increase factors



# The diet culture



# Individual factors



Thought changes



Behavioral changes



Personality traits



Mood swings

# Changes of the virtuous circle



# Three red flags

Not always recognizable and co-present, the collaboration of significant others is necessary for a 360-degree vision.

1

Excessive concern about:

- Weight and shape
- Diet

2

Decisive "break" with the past: changes in mood, emotional lability, irritability ...

3

Progressive and marked social withdrawal  
**WITH ED**





# EXCESSIVE CONCERN ABOUT WEIGHT AND BODY SHAPE

## HOW DOES IT EXPRESS?

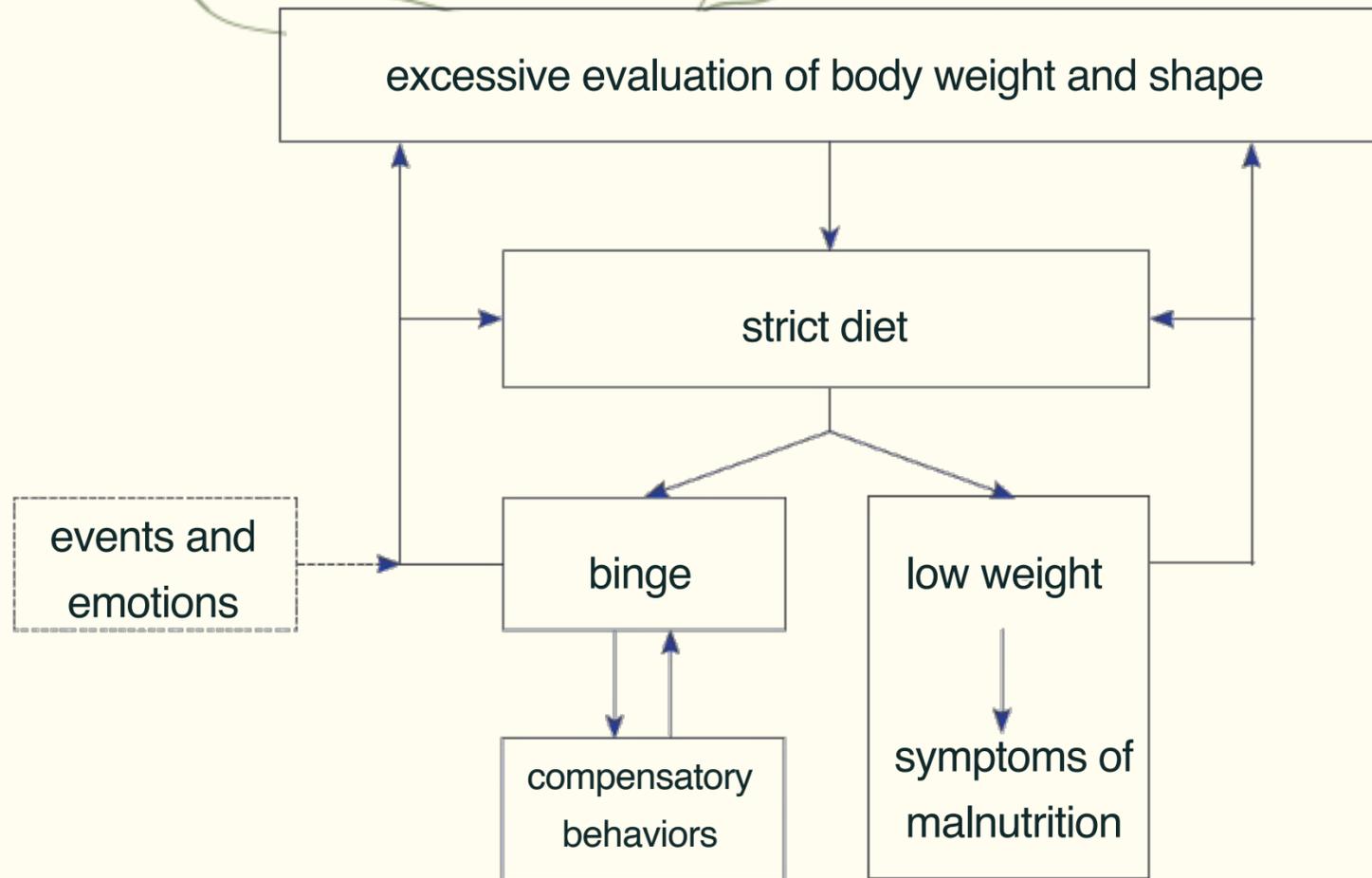
- Repeated body checks in the mirror
- Changes in the way you dress
- Excessive fear of gaining weight
- Negative image of your appearance
- Feeling of shame
- Increased sensitivity to comments / criticisms related to weight or fitness
- New eating habits
- Exercise / hyperactivity



Differentiate these signals from physiological movements typical of adolescence



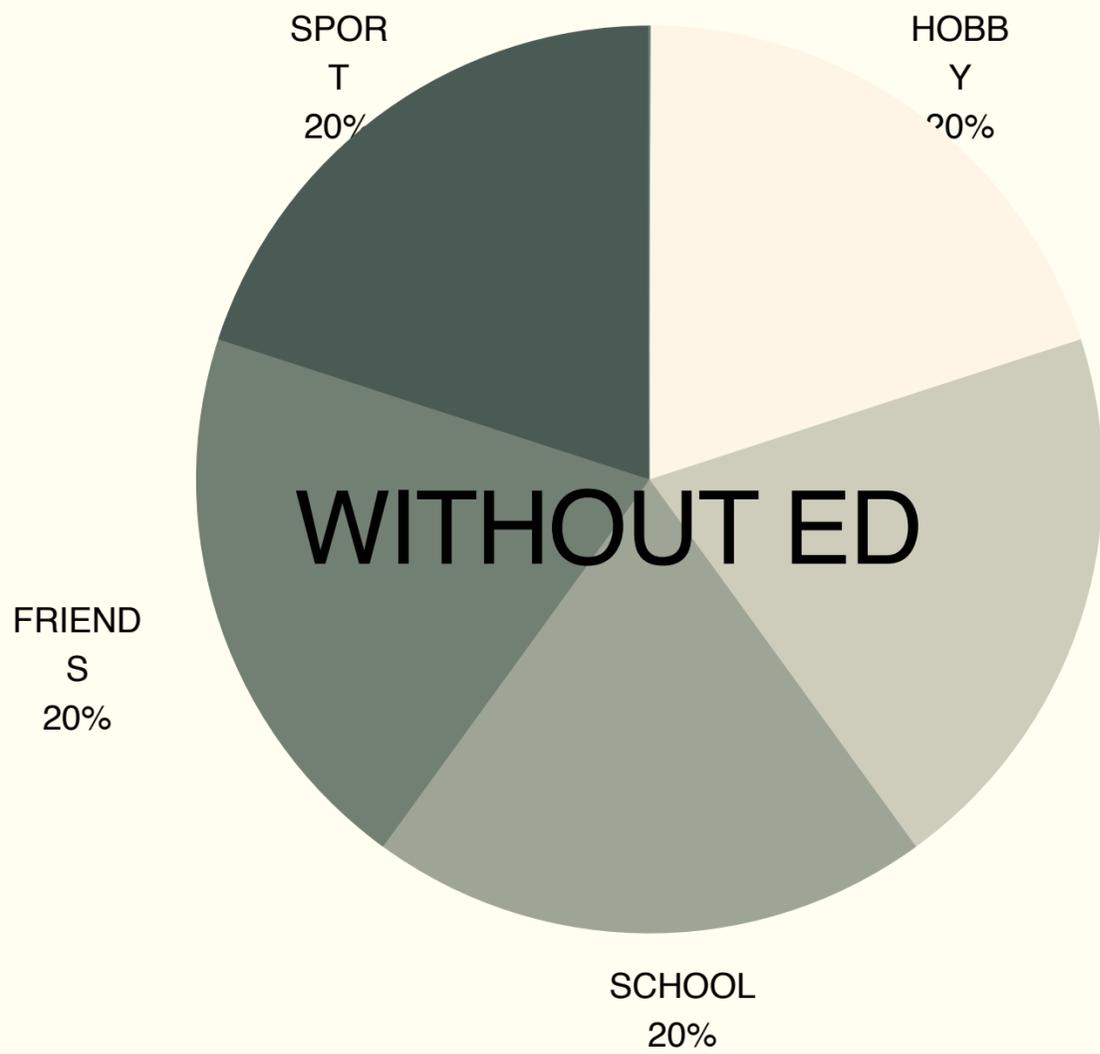
# EXCESSIVE CONCERN ABOUT WEIGHT AND BODY SHAPE



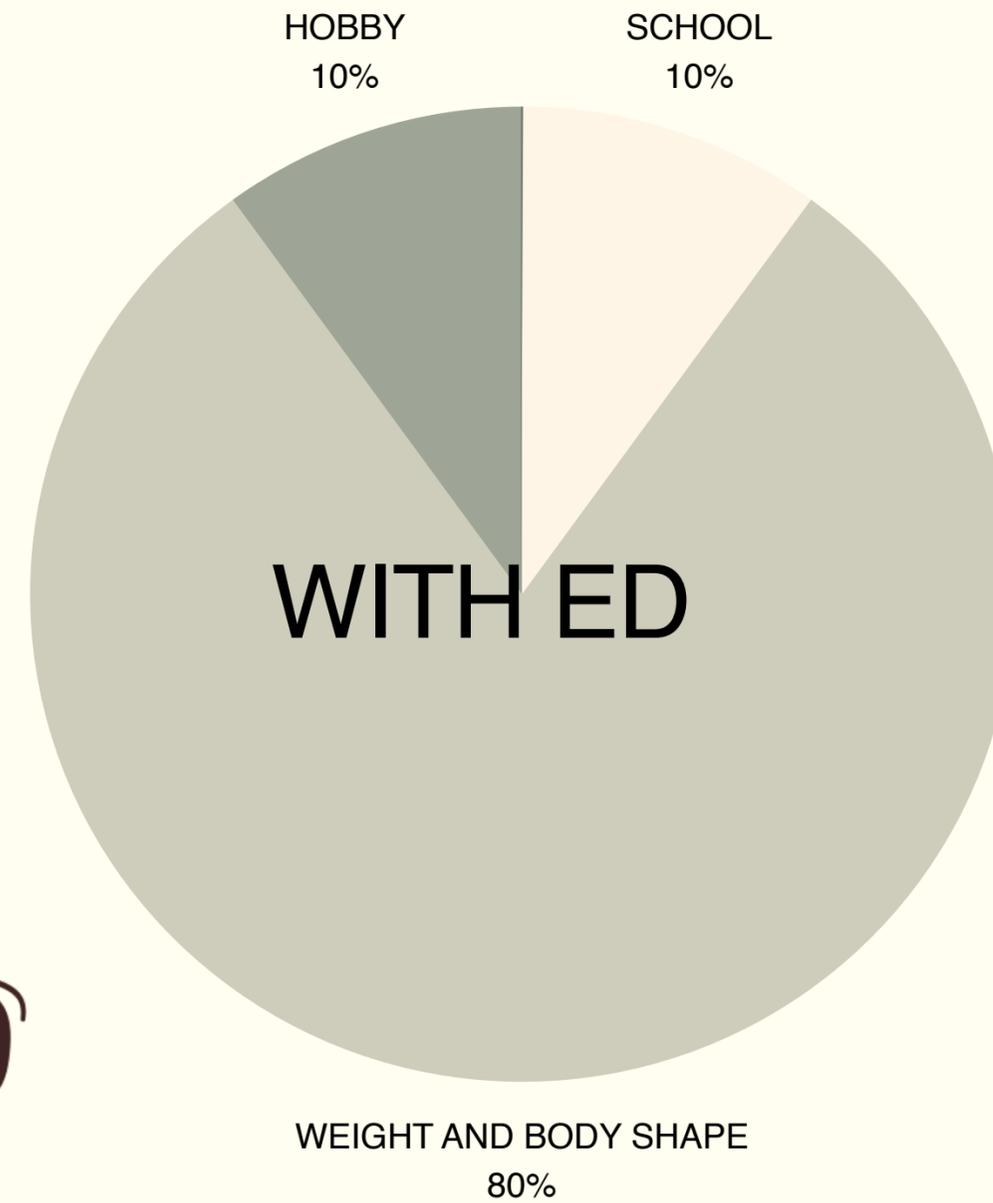
The centrality of evaluating the weight and shape of the body and the need to excel in these aspects becomes the most important area for personal evaluation.



# EXCESSIVE CONCERN ABOUT WEIGHT AND BODY SHAPE



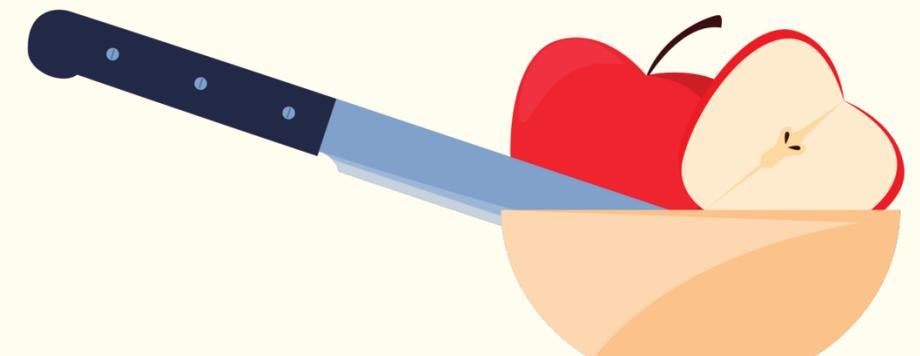
WEIGHT AND SHAPE  
20%





# EXCESSIVE CONCERN ABOUT DIET

- Modification of quantity, quality and way of eating
- Loneliness (they eat in front of the TV)
- They eat slowly
- Breaking food into little pieces
- Food selectivity
- Discussions about what to eat
- They start cooking for everyone
- They only talk about food / nutrition as a taboo





# Physical signs



## SOME OF THEM COULD BE

- Sudden or rapid weight loss / frequent fluctuations (weight chart importance)
- Unusually low BMI for the age
- Sensitivity to cold
- Amenorrhea
- Fainting, dizziness
- Tiredness or hyperactivity



- Endocrine and / or gastrointestinal disorders
- Abdominal pain
- Insomnia
- Electrolyte imbalances Lanugo
- Muscle tensive headaches

## RETARDING FACTORS

- Low insight
- Gravity underestimation
- Ambivalence towards therapy
- Poor knowledge of local services
- Inadequate services

ABOUT 3 YEARS

ONSET

TREATMENT  
STARTS

# THE DIAGNOSIS DELAY



# THE IMPACT OF COVID 19 ON EATING DISORDERS



# Coronavirus emergency: different psychological reactions

Recent studies have indicated a 30% increase in the diagnosis of ED and in the exacerbation of symptoms already in place

30  
%

## Anxiety and Panick Attacks



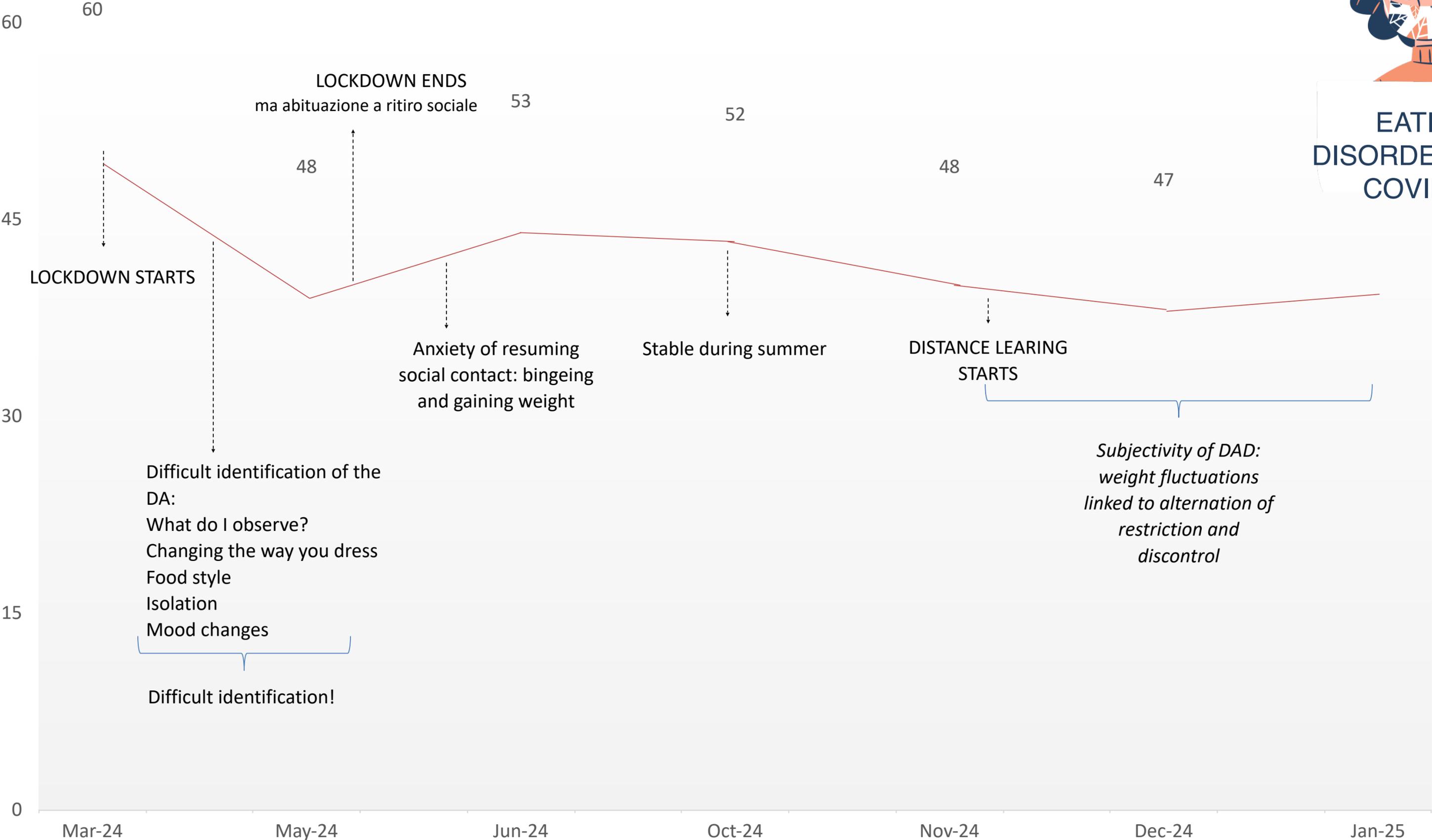
## Depressive state



## Alterations in sleep-wake rhythm and nutrition



# An example of the weight chart in the Covid era



Do you know someone who  
may have a problem with  
food, weight or body image?  
What should we do?



### SACCO

- Age: from 0 to 10 yo
- <18 aa
- Outpatients clinic

### AUXOLOGICO

- Age: 16aa
- Outpatient clinic
- Multidisciplinary MAC
- Nutritional hospitalization

### ASST SANTIPAOLO E CARLO

- -Outpatient clinic/MAC
- Acute medical and psychiatric hospitalizations
- For adults and minors
- Minor rehabilitation DH
- **NUTRIMENTE ASSOCIATION**



### VILLE TURRO - HSR - CDCA

- Outpatient clinic
- Short stay (30 days)
- Rehabilitation
- Hospitalization
- MAC

### ASST GRANDE OSPEDALE NIGUARDA

- Age: various
- Nutritional hospitalization
- MAC
- Erika Association

### ASST FBF-SACCO

- Age: >18years old
- Agreement with ABA in pediatric hospitalization





# OUR LABS

ACCORDING WITH NUTRIMENTE'S MISSION

the laboratories intend to offer a supplementary path to the Therapeutic one

- Safe setting
- Expert guide
- Comparison with the other participants

The covered topics are the most critical for those who suffer directly or indirectly from the disorder, therefore

- Management of emotions and food
- Acceptance
- Listening to the body (interoception)



# For the patients...



Nutriamo le Emozioni



Yoga



Qui ed Ora



Back to Food



Senza Dieta



# ... and the parents!



Percorso di gruppo online

**Spazio Genitori**

Gruppo psicoeducativo  
- un ponte verso i gruppi **AMA** -

Da **martedì 11 febbraio**  
dalle ore **16.00** alle **17.30**

Per info & prenotazioni:  
[attivita@nutrimente.org](mailto:attivita@nutrimente.org)

Spazio Genitori -  
Gruppo  
Psicoeducativo

A circular photograph showing a group of people from an overhead perspective, holding hands in a circle. In the center of the circle is a white circular graphic containing the text 'GRUPPO AMA' in red, a small tree logo, and the text 'IL GRUPPO DI SUPPORTO DEDICATO A GENITORI DI FIGLI CON DISTURBI ALIMENTARI' in red.

**GRUPPO AMA**

IL GRUPPO DI SUPPORTO  
DEDICATO A GENITORI DI FIGLI  
CON DISTURBI ALIMENTARI

Spazio Genitori -  
Gruppi AMA



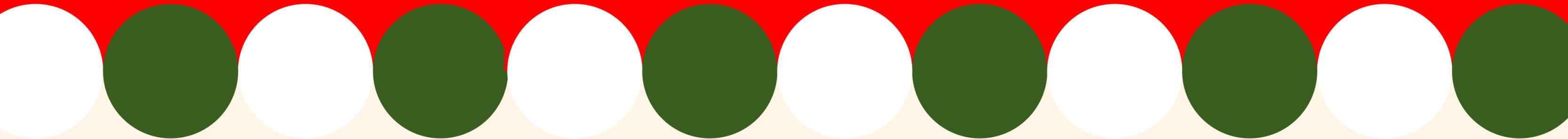


# References

- *Come vincere i disturbi dell'alimentazione* (2018), R. Dalle Grave, Positive Press
- *Mindful Eating* (2021), Jan Chozen Bays, Enrico Damiani ed.
- *Vincere le abbuffate* (2014) - C.G. Fairburn Raffaello Cortina ed.?

# Check our activities HERE!





Thank you for the attention

