



Eating Disorders In Teens and the COVID-19 Pandemic

Pandemic Triggers to Disordered Eating:

- Distance from support system (i.e. friends) during remote learning
- Uncertainty increasing stress and anxiety
- Lack of athletic extracurriculars
- Emotional eating to cope with anxiety
- Increased screen time on social media leading to body dissatisfaction
- Dangerous advertisements for diet supplements



Warning Signs:

- Extreme preoccupation on weight and body
- Strict dieting/fasting or high-calorie eating binges
- Frequent use of laxatives or diuretics
- Excessive exercising
- Irregular menstrual cycles

How to Help:

Preventative Tips

- Encourage whole family to start healthy-eating habits together
- Discuss media messages and how this may affect healthy body image
- Foster higher self-esteem by practicing self-affirmations and offering reassurance

Seeking Help

- Talk to your child or loved one in a loving, non-confrontational way
- Schedule a checkup with your primary doctor who can detect unusual changes in BMI and speak with your teen about healthy eating and exercise habits
- Schedule a consultation with a psychologist to formalize a diagnosis for better understanding and next steps in intervention

