

# BINGE EATING DISORDER

## SUMMARY FOR GENERAL PRACTICE

### WHEN DO I ASSESS FOR BINGE EATING DISORDER?

- Weight gain, difficulty managing weight
- Chronic dieting/weight cycling
- Actively trying to lose weight
- Distress about their weight and eating
- Mood changes
- Preoccupied with food/weight
- Diabetes diagnosis
- Seeking diet pills/weight loss solutions
- When doing a standard mental health assessment

### ASSESSING FOR BINGE EATING DISORDER

- Have you ever eaten an unusually large amount of food within a discrete time period?
- Have you felt a complete loss of control over your eating?
  - If yes, how often do these occur? (*occurring once a week/3 months clinical threshold*)
- Do you eat in secret? alone? experience shame/guilt/embarrassment about your eating?
- Do you eat past fullness?
- Do you do anything to attempt to control your weight? (*absence of vomiting/excessive exercise/laxatives etc*)
- How distressed are you about your eating and how much is it impacting on your life?

### TREATMENT AND MANAGEMENT

- **Evidence based treatment:** Cognitive behavioural therapy (adults)
- **Medication:** Lisdexamfetamine dimesylate in adults with moderate to severe BED may be considered
- Referral to an **eating disorder informed psychologist**
- **Ongoing medical management**
- Consider a referral to an **eating disorder informed dietician** where there are additional complexities.
- Consider **psychiatric referral** where there is complex comorbid mental health diagnoses or suicidality
- **It is not recommended that patients with binge eating disorder be on any form of restrictive diet**

### HEALTH AT EVERY SIZE APPROACH

- **Treatment should focus on health related behaviours rather than weight loss**
- Body weight is not a behaviour to be managed.
- Acknowledging body diversity and acceptance
- Fat shaming doesn't work, if it did there would not be fat people. Shame in fact is an emotion that people commonly eat in response too.
- Empathy toward the complexities of weight management
- Emphasis on intuitive eating, not dieting
- **Eating for well-being not weight management**
- Increasing daily movement, exercise for enjoyment and other health benefits
- Research shows that weight is only one indicator of health - Cardiovascular health is in fact a stronger indicator of health than BMI
- Over-emphasising weight loss is counter productive to recovery