



## **Defense Health Agency (DHA) Clinical Communities Speaker Series**

### **Resource List-March 2020**

#### **Children and Youth: Advanced Practices for the Pediatric Health Care Provider**

#### **Eating Disorders and Disordered Eating: Overview and Considerations for Recognition and Treatment in Youth**

When the presence of an eating disorder is identified or suspected in a loved one, it is a serious issue and that individual should be encouraged to get help. [The NEDA Parent Tool Kit](#) reviews the symptoms and myths that parents and other individuals may have about eating disorders and the children who have them. Psychological, biological and sociocultural risk factors are reviewed.

[New AAP Guidance Addresses Teens Risky Eating Habits](#) provides a brief update for clinicians in direct practice with children diagnosed with an eating disorder. Three key practice guidelines are available for download that allow the pediatric provider to identify symptoms and implement treatment planning that supports prevention and symptom reduction in children diagnosed with this disorder.

Recommendations for treatment providers that assess and manage the care of pediatric patients with diagnosed eating disorders can utilize the [Practice Parameter for the Assessment and Treatment of Children and Adolescents with Eating Disorders](#) AACAP Official Action in treatment settings. The epidemiology, etiology, risk factors and differential diagnoses are identified for the following eating disorders: anorexia nervosa, bulimia nervosa, binge eating disorder, avoidant restrictive food intake disorder, and other specified feeding or eating disorders. Evidence-based treatment options are also reviewed.

[The Center of Excellence for Eating Disorders](#) located at the University of North Carolina, Chapel Hill is a world renowned leader in the assessment and treatment of eating disorders. Their family centered approach offers medical, mental health and practical solutions for eating disorder treatment. Review the library of evidence based research and other resources available for those struggling with an eating disorder.



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### References

Hallas, D. (2017). New AAP Guidance Addresses Teens Risky Eating Habits. American Academy of Pediatrics.

<https://www.contemporarypediatrics.com/pnp-corner/new-aap-guidance-addresses-teens-risky-eating-habits>

Lock, J., La Via, M.C., & the American Academy of Child and Adolescent Psychiatry (AACAP) Committee on Quality Issues (CQI). (2015). Practice Parameter for the Assessment and Treatment of Children and Adolescents with Eating Disorders. AACAP Official Action. *Journal of the American Academy of Child Adolescent Psychiatry* 2015, 54(5):412–425. [https://www.jaacap.org/article/S0890-8567\(15\)00070-2/pdf](https://www.jaacap.org/article/S0890-8567(15)00070-2/pdf)

National Eating Disorders Association (NEDA). (2016). NEDA Tool Kit for Parents.

<https://www.nationaleatingdisorders.org/sites/default/files/Toolkits/ParentToolkit.pdf>

University of North Carolina Chapel Hill. The Center of Excellence for Eating Disorders.

<https://www.med.unc.edu/psych/eatingdisorders/>