



Defense Health Agency (DHA) Clinical Communities Speaker Series

OCT 2022 CCSS: Military Health Care: Innovative Health Care Delivery for a Ready Medical Force

S05: Clinical Considerations of Disordered Eating and Eating Disorders: A Military Perspective

Resource List

All Department of Defense (DoD) health care providers and other military, civilian, and contractor personnel working with beneficiaries in any capacity on health, wellness, health promotion, rehabilitation, and performance enhancement are required to participate in DoD-approved dietary supplement safety training. The [DOD Instruction 6130.06: Use of dietary supplements in the DOD](#) (2022) establishes policy, assigns responsibilities, and provides procedures for dietary supplement education and use throughout the DoD.

[Eating disorders in the U.S. active military members and veterans: A systematic review](#) (2022) aims to re-examine the current literature on eating disorders in the active duty and veteran populations. Diagnosing and treating patients with eating disorders present unique challenges in the U.S. military. This population not only remains to be understudied, but also eating disorders in the military often co-occur with other mental issues. Thus, continued efforts to improve care for these individuals are critical.

[Disordered eating](#) (n.d.) describes unhealthy eating patterns that can increase risk for health problems (e.g., bone loss, poor nutrition). It can also increase risk for mental health issues, including depression or an eating disorder diagnosis. The Women Veteran Health Care page provides information, resources and services available for the women veteran who may be experiencing disordered eating. A helpline via text, call or chat online is also available.

To describe how the DOD screens for eating disorders among servicemembers, the U.S Government Accountability Office (GAO) reviewed DOD policies and procedures related to health screening, as well as several health assessment questionnaires used by DOD to screen for health issues. [GAO-20-611R, Department of Defense: Eating Disorders in the Military](#) (2020) report describes (1) how DOD screens servicemembers for eating disorders; and (2) how DOD provides eating disorder treatment to servicemembers and their dependents.



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References

Department of Defense (DOD). (2022). *DOD Instruction 6130.06: Use of dietary supplements in the DOD*.

https://www.esd.whs.mil/Portals/54/Documents/DD/issuances/dodi/613006p.PDF?ver=I3AFSCJVzbcmHd7u_3dw-A%3D%3D

Touma, D.A., Quinn, M.E., Freeman, V.E., & Meyer, E.G. (2022). Eating disorders in the U.S. active military members and veterans: A systematic review. *Military Medicine, usac180*.

<https://doi.org/10.1093/milmed/usac180>. Online ahead of print.

U.S. Department of Veterans Affairs (VA). (n.d.). *Women Veteran Health Care: Disordered Eating*.

<https://www.womenshealth.va.gov/WOMENSHEALTH/topics/disordered-eating.asp>

U.S. Government Accountability Office (GAO). (2020). *GAO-20-611R, Department of Defense: Eating*

Disorders in the Military. <https://www.gao.gov/assets/gao-20-611r.pdf>