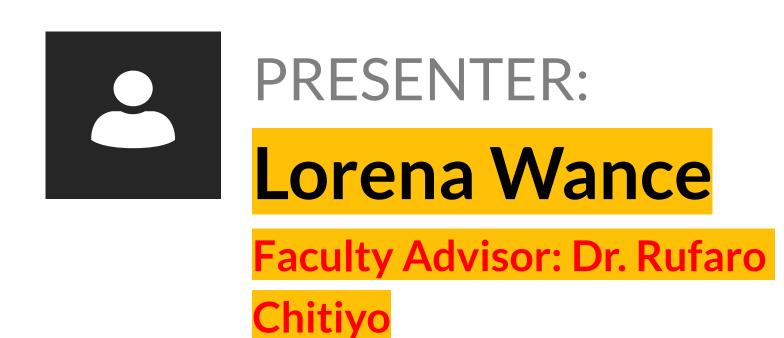
## **Title:** The Correlation of Fad Diets and Eating Disorders



#### **BACKGROUND:**

Is there a correlation between fad diets and eating disorders? Fad diets are popular societal trends that promote eating styles that promise results in weight loss at an expedited rate and extraordinary health benefits through dietary and lifestyle changes via various methods. Eating disorders are commonly known for their association with unhealthy eating habits due to psychological aspects. Due to the nature of fad diets being unsustainable, strict, and limiting in certain facets, the aim of this project is to explore literature that opposes or supports whether fad diets and eating disorders are related.

#### **METHODS**

- > Literature synthesis
- ➤ Key words used: correlation, linked, associated with, related, fad diets, eating disorders, clean eating, disordered eating, dieting, anorexia, bulimia, orthorexia, binge eating
- ➤ Used Volpe Library search engine, Google Scholar, and Google search engine

### Common eating disorders

#### EATING DISORDERS

#### Bulimia Nervosa

Bulimia Nervosa is an eating disorder and a severe mental illness. It can go undetected for a long time. People with this condition need treatment so they are able to begin the journey to recovery.

People with bulimia nervosa eat large amounts of food in a relatively short period of time (binge eating). They feel that they have no control over the amount of food they consume, or the ability to stop.

#### Anorexia Nervosa

Anorexia nervosa is a lifethreatening eating disorder and a serious mental illness. It causes severe weight loss.

Having an eating disorder is not about vanity. People with anorexia nervosa commonly have an unhealthy focus on food, weight or body shape.

They have an intense fear of gaining weight, even though they are significantly underweight.

#### Binge Eating Disorder

Binge Eating Disorder is a serious mental illness. People with binge eating disorder regularly (at least once a week) eat large quantities of food, rapidly, in a short period of time. They feel out of control and unable to stop themselves from eating. This is often linked with high levels of distress.

People with binge eating disorder do not typically try to 'compensate' for their eating with behaviors such as vomiting or excessive exercise.

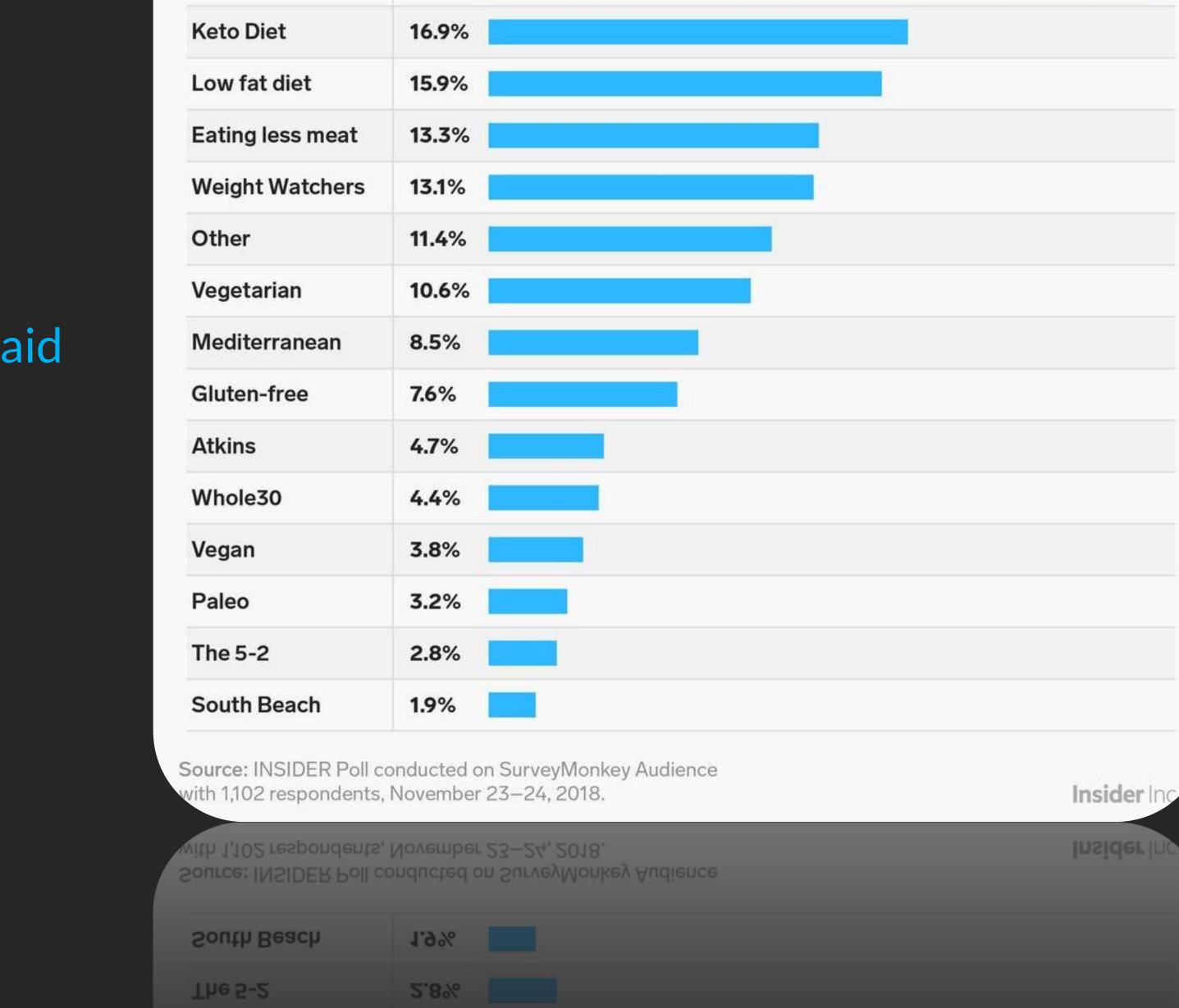
How Americans plan to diet in 2019

Western Oregon University. (2021). *Eating Disorders* [Illistration]. Student Health & Counseling Center: Mental Wellness. https://wou.edu/health/resources/student-health-101/mental-health/eating-disorders/.

Low carb diet

# COMMON FAD DIETS

"INSIDER recently polled 1,102 people about their 2019 resolutions, and 473 respondents said theirs were related to eating healthier or dieting.<sup>10</sup>"



#### **RESULTS:**

Research acknowledges that there is a correlation between certain fad diets and eating disorders, but the limiting factors include the type of fad diet, the diagnosis of which eating disorder, and whether these variables affect individuals positively or negatively for long-term. The correlation seems to favor the idea that certain risks associated with fad dieting can impact individuals who might already have precursors for negative eating behaviors and habits.

#### SIGNIFICANCE:

It is important to conduct more research and analysis to fully fill in the gaps in order to be able to further educate individuals on the risks and rewards of fad dieting on longevity in male and female populations.

#### **CONCLUSION:**

Fad diets and eating disorders may be correlated but may not be heavily supported due to gaps in research and limited information available on the direct correlation of the factors.

#### REFERENCES:

- 1. Ambwani, S., Shippe, M., Gao, Z., & Austin, B. (2019). Is #cleaneating a healthy or harmful dietary strategy? Perceptions of clean eating and associations with disordered eating among young adults. Journal of Eating Disorders.
- https://jeatdisord.biomedcentral.com/articles/10.1186/s40337-019-0246-2 2. Banjari, I. (2011). *Is fad diet a quick fix? An observational study in a Croatian student group*. HRCAK. https://hrcak.srce.hr/74086
- 3. Behavioral Nutrition. (2018). A Connection Between Dieting and Eating Disorders.
- https://behavioralnutrition.org/connection-between-dieting-and-eating-disorders/4. Eating Disorder Hope. (2019). Diet Fads and Eating Disorders Often Go Hand in Hand. https://www.eatingdisorderhope.com/information/body-image/dangers-diet-fads
- 5. Field, A. E., Camargo, C. A., Taylor, C. B., Berkey, C. S., Roberts, S. B., & Colditz, G. A. (2001). Peer, Parent, and Media Influences on the Development of Weight Concerns and Frequent Dieting Among Preadolescent and Adolescent Girls and Boys. Gale Academic Onefile. https://link.gale.com/apps/doc/A69651809/AONE?u=tel\_a\_ttul&sid=AONE&xid=8113e
- 6. Greville-Harris, M., Smithson, J., & Karl, A. (2020). What are people's experiences of orthorexia nervosa? A qualitative study of online blogs. Springer Link. https://link.springer.com/article/10.1007%2Fs40519-019-00809-2
- 7. Heatherson, T. F., Nichols, P., Mahamedi, F., & Keel, P. (1995). Body weight, dieting, and eating disorder symptoms among college students, 1982 to 1992. *American Journal of Psychiatry*, 152(11), 1623–1629. https://doi.org/10.1176/ajp.152.11.1623
- 8. Kittleson, M. J., Kane, W., Rennegarbe, R., & Kramer, G. F. (2005). The Truth About Eating Disorders [E-book]. Book Builders LLC.
- http://web.b.ebscohost.com.ezproxy.tntech.edu/ehost/ebookviewer/ebook/bmxlYmtfXz E0NjgyM19fQU41?sid=d3b0c576-1726-46af-ae41-b2b800ba07dc@sessionmgr102&vid=4&format=EB&ppid=pp\_42
- 9. O'Dea, J. A., & Abraham, S. (2001). Knowledge, Beliefs, Attitudes, and Behaviors Related to Weight Control, Eating Disorders, and Body Image in Australian Trainee Home Economics and Physical Education Teachers. Science Direct: Journal of Nutrition Education. https://www.sciencedirect.com/science/article/pii/S1499404606603552?casa\_token=x qGJfKTynrcAAAAA:OITxurk\_adikESLprb0HqGDsu9BdWJ2Y6nFw3zrrrhkCdxAaAWiiR
- H-UCd0UNhs0J26ubi5C 10. Praderio, C., & Gal, S. (2018). What experts think about New Year's resolution diets people want to try in 2019. Insider. https://www.insider.com/expert-opinions-on-new-years-resolution-diets-
- 11. Western Oregon University. (2021). *Eating Disorders* [Illistration]. Student Health & Counseling Center: Mental Wellness. https://wou.edu/health/resources/student-health-101/mental-health/eating-disorders/

