



Stephen B. Sondike

West Virginia University, USA

Jack Sprat and his wife: Disordered eating and the continuum from anorexia through obesity

With obesity and eating disorders both on the rise, the amount of young people who have a healthy relationship with food, body image and body size continues to decline. This is due to a culture that promotes obesity yet at the same time stigmatizes it. Many treatment programs which focus on either one or the other give messages that would be problematic to those on the opposite end of the continuum, yet the same societal forces are at work. Also, the hormonal and neurotransmitter milieu at play for these conditions suggest that there may be a genetic or metabolic predisposition to either or both ends of the spectrum. The purpose of this session is to describe how anorexia nervosa and obesity are different manifestations of the same disease, and how a Health at Every Size approach can be used to treat underweight and overweight persons alike, without a rigid adherence to "goal weights" or BMI.

Objectives for Session: By the end of this session, participants will be able to:

1. Describe the different manifestations of disordered eating, including Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, and Obesity.
2. Understand how the messages given regarding size and shape in the home, in the media and in treatment programs may be counterproductive to long term health
3. Use a Health at Every Size approach to help clients normalize body image and improve their relationship with food.

Biography

Stephen B. Sondike MD is Associate Professor of Pediatrics at West Virginia University, Charleston Division. He is the founder and director of the Disordered Eating Center of Charleston. Dr Sondike completed medical school at State University of New York- Downstate and finished a residency in pediatrics and a fellowship in adolescent medicine at Long Island Jewish Medical Center. Dr. Sondike is a pioneer in the field of controlled carbohydrate nutrition, having published the first randomized controlled trial comparing low carbohydrate and low fat diets. He has published in several major medical journals and he has written two textbook chapters on the subject of pediatric obesity

ssondike@hsc.wvu.edu