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Eating disorders thriving in anxious times like the COVID-19 Pandemic

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Eating disorders are considered to be an epidemic in the United States thus causing a major public health concern. Each class of the existing eating disorders, due to an abnormal food behaviour and impaired nutrition, paves the way to malnutrition. The COVID-19 pandemic posed changes to one's regular routine and lifestyle which had a huge impact on the population's mental health. Thus, not only did the pandemic heighten the existing eating disorder behaviours, but also might have developed it in those who did not have it. In 2020, the overall incidence of eating disorders increased by 15.3% (Zipfel et al., 2022). Multiple factors are found to cause implications on intensifying the symptoms of eating disorders including but not limited to restriction to daily activities, excessive time spent on social media, and emotional distress. The pandemic served as a wake up call to raise awareness about eating disorders and facilitate its recognition within the healthcare system as an illness for treatment.

Biography

Lara holds a Bachelor of Science in Nutrition and Dietetics Coordinated Program from the American University of Beirut, Lebanon. She also obtained both the Licensed Dietitian credential from the Ministry of Health in Lebanon in 2020, and the Registered Dietitian credential by ACEND in the US in 2021. Currently, she is the Consultant of the Healthcare & Life Sciences at Michael Page in Dubai whilst covering the Middle East. As a healthcare specialist, she now recruits for clinical roles within the healthcare sector.