



YMCA Awards

Level 3 Nutrition to support
physical activity

2018

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Disordered eating

Anorexia Nervosa

Characteristics	Warning Signs	Health Consequences
<ul style="list-style-type: none"> • Severe weight loss • Self induced starvation • Obsessive fear of weight gain • Low self esteem • Fear of fatness • Distorted body image • Depression and anxiety • Perfectionism • Obsessive • High need for approval • Social withdrawal • Obsessive exercise 	<ul style="list-style-type: none"> • Extreme thinness • Extreme weight loss • Claiming to be fat when thin • Eating very little • eat interest in food and calories • Arguments about food • Cold and bluish extremities • Anxiety about food • Restlessness • Obsessive weighing • Sleeping very little 	<ul style="list-style-type: none"> • Reduced physical performance • Decreased aerobic capacity • Increased susceptibility to infection • Slow recovery form injury • Electrolyte imbalances • Amenorrhoea • Cardiac arrhythmias • Shrinkage of heart muscle • Increased risk of bone loss and early osteoporosis • Hypotension • Hypothermia • Gastrointestinal problems

Bulimia Nervosa

Characteristics	Warning Signs	Health Consequences
Bingeing on large amounts of food (up to 5000kcal)	Tooth decay and enamel erosion	Menstrual irregularities
Guilt and remorse after bingeing	Puffy face	Enamel erosion and gum disease
Purging – vomiting or laxative abuse	Normal weight or weight fluctuations	Gastrointestinal problems
Starvation	Frequent weighing	Bowel problems
Low self esteem	Disappearing after meals to get rid of food	Electrolyte imbalances
Impulsiveness	Hiding food	Dehydration
Depression, anger, anxiety	Secretive eating	Cardiovascular complications
Body dissatisfaction and image distortion	Menstrual disturbances	Hypotension
High need for approval		
Excessive exercise		
Obsession with food and weight		

Referral to a Registered dietician

A dietary analysis that results in a complex need which requires a major dietary change should always be referred to a Registered Dietician

Clients may have food allergies or hormonal imbalances as the result of certain food intake which could lead to long-term illness or in worse cases potential death

Referring to a dietician ensures protection from causing detrimental illness and also the risk of being sued

