

# Eating Disorders Webinar Worksheet

1. True or False: Code 358 (Eating Disorders) is a high risk code and requires participants assigned this risk code to be referred to a registered dietitian.
  - A. True
  - B. False
2. True or False: According to the Ellyn Satter Institute, normal eating can be described as flexible.
  - A. True
  - B. False
3. What does the American Psychiatric Association say about eating disorders?
  - A. They are developmental feeding changes in feeding that do not require treatment.
  - B. They are not serious unless a change in weight or nutritional status is observed.
  - C. Men do not suffer from eating disorders.
  - D. They are serious mental illnesses that include obsession with food, body weight, and shape.
4. True or False: Anorexia Nervosa, is characterized by binge-eating followed by purging such as vomiting or the use of laxatives or diuretics.
  - A. True
  - B. False
5. What are harmful consequences associated with frequent vomiting?
  - A. Excessive nutrient absorption and decreased appetite.
  - B. Damage to tooth enamel and inflammation of throat or esophagus.
  - C. Destruction of taste buds and inability to taste foods.
  - D. Increased risk of food allergy.
6. According to the National Institutes of Health (NIH), what is the most common eating disorder in the United States?
  - A. Anorexia Nervosa
  - B. Binge Eating Disorder
  - C. Bulimia Nervosa
  - D. Orthorexia
7. True or False: Orthorexia is an official diagnosis of individuals who have an obsession with healthy eating.
  - A. True
  - B. False
8. Besides remaining non-judgmental, being supportive and showing empathy, what else can help participants with eating disorders?
  - A. Refer and facilitate follow-up with a health-care or mental health provider if needed.
  - B. For their next appointment offer nutrition education about the characteristics and harmful consequences of eating disorders.
  - C. At their next appointment introduce them to WIC staff who have overcome eating disorders.

D. Remind them of the increased risks caused by eating disorders during pregnancy and postpartum.

9. In which of the following situations would you assign code 358 (Eating Disorders)?

- A. When a participant tells you that she binges on food sometimes.
- B. When a participant tells you that she has been diagnosed with Anorexia Nervosa.
- C. When you collect anthropometric measurements for a woman and her BMI is 17.9.
- D. When a participant tells you that she thinks she has an obsession with eating healthy foods.

10. True or False: Women who experience eating disorders during pregnancy rarely have symptoms after giving birth.

- A. True
- B. False

11. What referrals are appropriate for treatment and support related to eating disorders?

- A. Early Intervention and Home Visiting Programs
- B. Pediatric dentists and DONA certified doulas
- C. Health Care Providers and the National Helpline 1-800-931-2237
- D. None of the above