

Tomorrow's Wellness Center

Unhealthy Eating Patterns

Screening Questionnaire

Do You Have Healthy Eating Patterns?

- Do you feel like you have lost control over how much you eat?
- Do you ever make yourself sick because you feel uncomfortably full?
- Do you believe yourself to be fat, when others say you are too thin?
- Does food dominate your life?
- Have you ever become physically uncomfortable when dieting (experienced weakness, dizziness, headache)?

Warning Signs

Warning Signs of Anorexia Nervosa include:

- Excessive weight loss (unexplained by other illness), or failure to gain weight as expected
- Preoccupation with food, weight, calories, dieting
- Comments about feeling overweight in spite of being thin
- Excessive fear of gaining weight
- Development of food rituals
- Obligatory exercising
- Cold intolerance, hair loss or thinning
- Loss of menstrual periods
- Weakness
- Social withdrawal, change in mood
- Low self-esteem

Warning Signs of Bulimia Nervosa include:

- Evidence of regular episodes of binge eating
- Dieting between episodes of binge eating
- Fluctuations in weight
- Evidence of purging, e.g. regular bathroom use after meals, evidence of use of non-prescribed laxatives, diuretics
- Preoccupation with body shape, weight
- Excessive exercising
- Calluses on hands
- Swollen parotid/salivary glands
- Dental caries/loss of enamel
- Social withdrawal, change in mood
- Low self-esteem