



Adolescent Medicine Resident Curriculum

EATING DISORDERS & OVERWEIGHT/OBESITY

CREATIVE COMMONS

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Society for Adolescent Health and Medicine
Adolescent Medicine Resident Curriculum – Eating Disorders & Overweight/Obesity

MODULE AND LEARNING OBJECTIVES	TEACHING MATERIALS			CLINICAL AND COMMUNITY SETTINGS
EATING DISORDERS & OVERWEIGHT/OBESITY	Readings and Videos	Interactive Learning Opportunities	Materials to Develop Educational Sessions	
<p>Eating Disorders:</p> <ol style="list-style-type: none"> Recognize and define DSM-5 eating disorders including anorexia nervosa, atypical anorexia nervosa, bulimia nervosa, avoidant/restrictive food intake disorder, binge eating disorder Describe risk factors (including genetic and neurobiological vulnerabilities) that may predispose youth to develop eating disorders Recognize that eating disorders can develop in all populations (ie: males, normal /overweight adolescents, adolescents with chronic disease, refugees), and that certain populations are at higher risk Identify medical complications of eating disorders and reasons for medical hospitalization Recognize long-term health risks associated with eating disorders and that they are more likely if youth with eating disorders are not identified early, followed closely, and treated using a multidisciplinary approach 	<p>Readings:</p> <ol style="list-style-type: none"> Campbell K, Peebles R.: Eating disorders in children and adolescents: state of the art review, <i>Pediatrics</i> 2014;134(3):582-92. https://pediatrics.aappublications.org/content/134/3/582 Golden NH, Katzman DK, Sawyer SM, Ornstein RM, Rome ES, Garber AK, et al. Update on the medical management of eating disorders in adolescents. <i>Journal Adolescent Health</i> 2015;56(4):370-5. http://www.jahonline.org/article/S1054-139X(14)00760-5/pdf Katzman DK, Peebles R, Sawyer SM, Lock J, Le Grange D: The Role of the Pediatrician in Family-Based Treatment for Adolescent Eating Disorders: Opportunities and Challenges <i>Journal of Adolescent Health</i> Oct 2013 www.adolescenthealth.org/SAHM_Main/media/Adol-Resident-Curriculum/Materials/JAH-Oct-2013_Role-of-Peds_.pdf Lock J, LaVia MC, American Academy of Child and Adolescent Psychiatry (AACAP) Committee on Quality Issues. Practice parameter for the assessment and treatment of children and adolescents with eating disorders. <i>J Am Acad Child Adolesc Psychiatry</i> 2015;54(5):412–425. http://www.jaacap.com/article/S0890-8567(15)00070-2/pdf <p>Books:</p> <ol style="list-style-type: none"> Lock J, Le Grange D. <i>Help Your Teenager Beat an Eating Disorder</i>, Second edition. New York: The Guildford Press, 2015. <p>Videos:</p> <ol style="list-style-type: none"> Handbook of Assessment and Treatment of Eating Disorders. Edited by B. Timothy Walsh, M.D., Evelyn Attia, M.D., Deborah R. Glasofer, Ph.D., and Robyn Sysko, Ph.D. (Videos accompanying text.) American Psychiatric Association 2016. https://www.appi.org/handbook_of_assessment_and_treatment_of_eating_disorders Kreipe RE, and Peebles R. "Model Eating Disorder Interview," "A Comprehensive Approach to Serving Youth with Eating Disorders" and "Working with Families of Adolescents with Eating Disorders," in "Reaching Teens: Strength-Based Communication Strategies to Build Resilience and Support Healthy Adolescent Development" Elks Grove Village IL; American Academy of Pediatrics; 2013. (A Textbook and Video Product). January 2014. https://shop.aap.org/reaching-teens-ebook/ 	<p>NEJM interactive case: A Patient Found Unresponsive. http://www.nejm.org/doi/full/10.1056/NEJMimc1204403</p>	<p>Online Resources:</p> <ol style="list-style-type: none"> National Eating Disorders Association - for Medical Professionals. http://www.nationaleatingdisorders.org/medical-professionals The eating attitudes test (EAT – 26). www.adolescenthealth.org/SAHM_Main/media/Adol-Resident-Curriculum/7-0-EAT-Rating-Scale.pdf <p>Pedicases:</p> <ol style="list-style-type: none"> Anorexia Nervosa: Stephanie's Long Walk. http://pedicases.org/wp-content/uploads/2011/07/mental1.pdf <p>MedEd Portal resources:</p> <ol style="list-style-type: none"> Sonneville K, Freizinger M, Forman S, Burke P, Goncalves A, Pitts S, Gooding H. <i>Treating Taylor: Multidisciplinary Management of Eating Disorders</i>. MedEdPORTAL Publication; 2014. https://www.mededportal.org/publication/9938/#sthash.oQW9vf0r.dpuf Douziech I, Miller A, Student J. <i>Child and Adolescent Eating Disorders</i>. MedEdPORTAL Publication; 2014. https://www.mededportal.org/publication/9895 	<ul style="list-style-type: none"> Adolescent rotation Experience at eating disorder treatment center Inpatient hospital rotations College health experience Emergency department



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EATING DISORDERS & OVERWEIGHT/OBESITY – <i>continued</i>	TEACHING MATERIALS			CLINICAL AND COMMUNITY SETTINGS
	Readings and Videos	Interactive Learning Opportunities	Materials to Develop Educational Sessions	
<p><u>Disordered Eating:</u></p> <ol style="list-style-type: none"> 1. Recognize that disordered eating including dieting is common during adolescence 2. List indications to refer adolescents with disordered eating to eating disorder specialists (e.g. medical, mental health, nutrition) 3. Recognize that unhealthy weight control behaviors can occur at any weight, may be present in youth with overweight, or may initiate after a provider raises concerns about weight or rate of gain 	<p><u>Readings:</u></p> <ol style="list-style-type: none"> 1. Yoon C, Mason SM, Hooper L, Eisenberg ME, Neumark-Sztainer D. Disordered Eating Behaviors and 15-year Trajectories in Body Mass Index: Findings From Project Eating and Activity in Teens and Young Adults (EAT). <i>Journal of Adolescent Health</i>. 2020 Feb;66(2):181-188. doi: 10.1016/j.jadohealth.2019.08.012. Epub 2019 Oct 18. 2. Golden NH, Schneider M, Wood C, Committee On Nutrition, Committee On Adolescence, Section On Obesity. Preventing Obesity and Eating Disorders in Adolescents. <i>Pediatrics</i> 2016;138(3). 3. Sim LA, Lebow J, Billings M. Eating disorders in adolescents with a history of obesity. <i>Pediatrics</i> 2013;132(4):e1026-30. <p><u>Books:</u></p> <ol style="list-style-type: none"> 1. "I'm, Like, SO Fat!" Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight-Obsessed World. Dianne Neumark-Sztainer. New York: Guilford Press, 2005. 		<p><u>Online Resources:</u></p> <ol style="list-style-type: none"> 1. Disordered eating and dieting. National Eating Disorders Collaboration. http://www.nedc.com.au/disordered-eating 	<ul style="list-style-type: none"> • Adolescent rotation • Experience at eating disorder treatment center • College health experience • Outpatient primary care
<p><u>Overweight/Obesity:</u></p> <ol style="list-style-type: none"> 1. Recognize risk factors for, public health impact of, and medical complications of obesity 2. Discuss appropriate screening labs for obese individuals 3. As sensitivity is required in addressing overweight with young people to avoid development of unhealthy weight control practices, demonstrate techniques, effective language, and strategies to work with adolescents around weight loss 4. List indications for pharmacotherapy and bariatric surgery in adolescents 	<p><u>Readings:</u></p> <ol style="list-style-type: none"> 1. Inge TH, et al. The effect of obesity in adolescence on adult health status. <i>Pediatrics</i> 2013;132(6):1098-104. 2. Apovian CM, Aronne LJ, Bessesen DH, McDonnell ME, Murad MH, Pagotto U, et al. Pharmacological management of obesity: An Endocrine Society clinical practice guideline. <i>J Clin Endocrinol Metab</i> 2015;100(2):342-62. <p><u>Videos:</u></p> <ol style="list-style-type: none"> 1. Videos on Motivational Interviewing around weight. Abbot Nutrition Health Institute. http://anhi.org/physician - (search for "motivational") <p><u>Websites and Online Resources:</u></p> <ol style="list-style-type: none"> 1. "Take Charge of Your Health" (NIH 2012) - teen handout, information for teaching patients the basics of health energy balance. http://www.niddk.nih.gov/health-information/health-topics/weight-control/take-charge-your-health/Documents/TakeCharge.pdf 2. Body Basics: An Adolescent Provider Toolkit, Section on Overweight: Further Evaluation. J. Shalwitz, D. Bushman, K. Davis, S. Williams (2005). San Francisco, CA: Adolescent Health Working Group, San Francisco. https://ahwg.org/download/body-basics-2005/ 3. Bariatric Surgery Procedures. American Society of Metabolic and Bariatric Surgery https://asmb.org/patients/bariatric-surgery-procedures 	<p>Preventing Weight Bias: 8 toolkits for health care providers http://biastoolkit.uconnruddcenter.org/</p> <p>AAP Institute for Healthy Childhood Weight "Change Talk." https://ihcw.aap.org/Pages/Resources_ProEd.aspx Mobile app also available</p>	<p><u>Online Resources:</u></p> <ol style="list-style-type: none"> 1. Office of Adolescent Health - Adolescent Health Topics - Physical Health and Nutrition. http://www.hhs.gov/ash/oah/adolescent-health-topics/physical-health-and-nutrition/ 2. The Obesity Society - Resources for Childhood Overweight. https://www.obesity.org/ 3. Centers for Disease Control and Prevention. Obesity and Overweight - Prevention Strategies and Guidelines. https://www.cdc.gov/obesity/resources/strategies-guidelines.html 	<ul style="list-style-type: none"> • Outpatient (adolescent clinic, primary care clinic, endocrinology, weight management programs) • Inpatient (wards)

