

Binge Eating Disorder

Post Test – May 2014

**Please keep this test and certificate in your files for Licensing.
You do not need to send it in to our office or the State.**

Learning Objective: After reading the newsletter, the provider understands the signs of binge eating in children and what to do to help them.

1. A kid who eats unusually large amounts of food — and feels guilty or secretive about it — could be struggling with a common eating disorder called binge eating disorder.
True or False
2. People with binge eating disorder have a different relationship with food — they feel like they've lost all _____ over how much they're eating, like they can't stop.
3. For people with binge eating disorder, at first food may provide feelings of calm or comfort or stop them feeling other difficult feelings, but if bingeing continues, it can cause anxiety, guilt and distress.
True or False
4. Binge eating disorder is more common in people who are obese, but it affects people of _____ weight as well. However, there's little information on how many kids and teens are affected because the condition has only recently been recognized, and some may be too embarrassed to seek help for it.
5. Kids can have huge appetites, especially during _____, when they need more nutrients to fuel their growing bodies. So it can be difficult to determine whether a child has binge eating disorder.
6. While most people with other eating disorders (like anorexia and bulimia) are female, an estimated third of those with binge eating disorder are male. Adults in treatment (including 2% of adult Americans — roughly 1 million to 2 million people) often say their problems started in childhood or adolescence.
True or False
7. Parents and other family members may first suspect a problem when they notice large amounts of _____ missing from the pantry or the refrigerator, though it's hard to imagine one child could have eaten so much.
8. Another sign of binge eating disorder can be finding food containers or wrappers hidden in a child's room or elsewhere.
True or False
9. Many people who binge eat say that episodes can be triggered by feelings of stress, anger, sadness, boredom, or anxiety. However, even if someone feels better temporarily while eating, it's usually associated with feelings of _____.
10. If you suspect a child has a problem with binge eating, speak with their parents and call a doctor for advice and referrals to qualified mental health professionals who have experience treating eating disorders in kids. Reassure the child that you're there to help or just to _____.



Southwest Human Development Services
P.O. Box 28487 • Austin, Texas 78755-8487
(512) 467-7916 • Toll Free (800) 369-9082
Fax (512) 467-1453 • Toll Free (888) 467-1455
www.swhuman.org

SOUTHWEST HUMAN DEVELOPMENT SERVICES

Sponsor of the

USDA CHILD AND ADULT CARE FOOD PROGRAM

is pleased to award

THIS CERTIFICATE

for completion of 30 minutes of training in

May 2014: Binge Eating Disorder

A SELF-INSTRUCTIONAL COURSE

(Quiz on reverse side must be completed for certificate to be valid)

This Family Day Care Provider supports the commitment to
Quality Child Care as demonstrated by completion of this course

Given this date _____

Lindsey Seybold
Training Coordinator
Southwest Human Development Services

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