

PRACTICE

Internet Resources for Families with Children and Adolescents with Eating Disorders

Debbie A. Vanderheyden¹
Children's Hospital of Western Ontario
London Health Sciences Centre
London ON

The Eating Disorders Program for Children and Adolescents at London Health Sciences Centre has diagnosed and/or treated almost 400 patients since opening in December 2001. This program includes inpatient beds, a Day Treatment program, and an outpatient clinic. Treatment is provided to individuals up to the age of 18 by a skilled team of professionals with a wide range of expertise in pediatrics, psychiatry, psychology, nutrition, social work, child and youth work, and nursing.

Eating Disorders include anorexia nervosa, bulimia nervosa and binge eating. Eating disorders are common among adolescents and young adults, with the greatest risk being for girls between 14 and 18 years old. In a 2008 study of healthy living and healthy weight, between grade six and grade ten, those believing that they were too fat went from 25% to 40% (Boyce, King, & Roche, 2008). Even among those that were normal weight, 19% believed that they were too fat. One out of ten people who develop eating disorders is male. Anorexia nervosa has the highest mortality rate of any psychiatric illness (Costin, 2007).

There are many factors that interact to create an eating disorder. One common television program,

by itself, does not cause an eating disorder. In learning about eating disorders, and in helping our adolescents and families in the treatment of eating disorders, we have found the following resources to be helpful.

<http://www.maudsleyparents.org>

Family based treatment (FBT), otherwise referred to as the Maudsley Method, is used successfully in the treatment of pediatric eating disorders. This website is specifically designed for parents of children with eating disorders.

<http://www.eatingwithyouranorexic.com>

Laura Collins, author of *Eating with your Anorexic*, has created a website to assist parents who have a child with an eating disorder. Having had a child with an eating disorder herself, she created this website to increase available support to families.

<http://www.nedic.ca>

The website for the National Eating Disorder

¹ Correspondence concerning this article should be addressed to Debbie A. Vanderheyden PhD CPsych, Children's Hospital of Western Ontario, London Health Sciences Centre, 800 Commissioners Road East, London ON N6A 4G1. E-mail: debbie.vanderheyden@lhsc.on.ca

Information Centre.

www.ocoped.ca

The website for the Ontario Community Outreach Program for Eating Disorders.

www.bulimia.com

The website for Gurze Books, a resource that provides links to articles, information for parents, blogs, and descriptions of over 350 books and DVDs in the field of eating disorders.

REFERENCES

- Boyce, W. F., King, M. A. & Roche, J. (2008). Healthy Living and Healthy Weight. *In Healthy Settings for Young People in Canada*. Retrieved from <http://www.phac-aspc.gc.ca/dca-dea/yjc/pdf/youth-jeunes-eng.pdf>
- Costin, C. (2007). *The eating disorder sourcebook (3rd edition)*. New York: McGraw Hill.