

Nutritional Management of a Morbidly Obese Compulsive Overeater

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Binge Eating Disorders

- Diagnosed as an “eating disorder not otherwise specified” (NOS). Effects 10-15% of mildly obese individuals. Etiology is unknown.
- Characterized by recurrent episodes of :
 - Rapid eating (usually alone)
 - Eating in the absence of hunger
 - Binge eating without the use of compensatory behaviors
- Nutrition Interventions for Binge Eating Disorders include regular meals, food journals and intuitive eating techniques

Case Study

A 21 year old morbidly obese male is referred for weight management. He states that he has struggled with his weight his whole life. Pt is currently not in school, unemployed, and sedentary. He lives at home with his family, but is usually at home by himself during the day. He likes to cook and is interested in studying home economics. Pt struggles with depression and is currently seeing a counselor. There is a history of overweight and diabetes in his family.

Food Journal

- How hungry am I?
- What do I want to eat?
- Mood / feelings before eating
- Food eaten
- Rate of eating
- How full / satisfied after eating



Assessment

- Weight: 320 lbs ABW: 191 lbs
- Height: 5'7" IBW: 148 lbs
- BMI: 50 kg/m²
- HB Calorie Requirements: 2350-2550 kcals (BEE *1.2-1.3)
**using ABW
- Estimated Protein Requirements: 69-87 g (0.8-1.0 g/kg ABW)
- Energy Needs for Weight Loss: 1850-2050 kcals (500 kcal depletion for 1 lb loss / wk)
- Labs: elevated LDL, low HDL and vitamin D

Intuitive Eating Assessment

Unconditional Permission to Eat	Eating for Physical Rather than Emotional Reasons	Reliance on Internal Hunger / Satiety Cues
• I avoid certain foods high in fat, carbs, or kcal	• I cannot stop eating when I feel full	• I do not trust my body to tell me <i>when</i> to eat
• I have forbidden foods that I don't allow myself to eat	• I use food to help soothe my negative emotions	• I do not trust my body to tell me <i>what</i> to eat
• I get mad at myself for eating something unhealthy	• I eat when I am stressed, even when I'm not physically hungry	• I do not trust my body to tell me <i>how much</i> to eat

Nutrition Diagnosis

- Disordered eating pattern related to depression as evidenced by binge eating episodes
- Morbid Obesity related to disordered eating pattern as evidenced by BMI of 50

Problem	Intervention
Disordered Eating Pattern	Intuitive Eating Hunger Scale; Breakfast
Morbid Obesity	Regular physical activity; Consumption of nutrient dense foods; Food journal
Inadequate fruit and vegetable consumption	Plate method; Increase involvement with cooking / shopping

Nutrition Monitoring / Evaluation

- Assess weight
- Monitor adherence to dietary and lifestyle recommendations:
 - Physical activity
 - Breakfast
 - Food journal
 - Fruit and vegetable intake
 - Intuitive eating