



Spotlight on Eating Disorders in Diabetes: Red Flags, Warning Signs, and Accessing Support

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Objectives

1. Describe one reason for an elevated risk of disordered eating in patients that have diabetes
2. Identify at least two red flags of someone with diabetes who might be struggling with disordered eating
3. List at least two ways to help support a patient that has diabetes and is also struggling with disordered eating

Prevalence

All types of eating disorder/disordered eating (ED/DE) can exist with diabetes

Women with diabetes are twice as likely to develop ED/DE

ED-DMT1	ED-DMT2
<ul style="list-style-type: none">• 1 in 3 women misuse insulin for weight loss• EDs are 2x more likely in DMT1 adolescent girls• EDs identified in 8% of girls (9-13 y.o.) with DMT1 compared to only 1% of peers without DM <small>(Bachle et al., 2019)</small>	<ul style="list-style-type: none">• 12-40% ED/DE• Binge Eating Disorder (BED) is the most common diagnosis• Insulin manipulation can also occur

COVID-19 Impact:

- Childhood DMT1 increased by 16% within first 12 months and 28% in later 12 months of pandemic (Kamrath et al., 2023)
- ED diagnoses more than doubled nationwide

Red Flags

- Diabetes cares
 - Omitting, skipping or underdosing insulin
 - Skipping oral medications
 - Minimal monitoring of blood glucose (testing/CGM)
 - Avoiding appointments
 - Infrequent prescriptions refills
- BG fluctuations
 - Hyperglycemia or hypoglycemia
 - Inconsistent A1c with BG meter readings
- Physical
 - Weight loss, gain or fluctuations
 - Diabetes-related complications
- Food
 - Restriction of foods
 - Uncontrolled eating episodes
 - Rigid food choices
 - Food preoccupation
- Purging
 - Self-induced vomiting, diuretics, laxatives, overexercise, insulin misuse
- Emotional and behavioral
 - Isolation
 - Co-occurring mental health diagnosis
 - Perfectionism
 - Body image distress or concerns

Providing support...

Neutralize food
talk

No food is off
limits

Reduce all or nothing
thinking

Avoid appearance-
based body
discussion

Offer
compassionate
care

Additional Resources

[Children's Pediatric Eating Disorder Toolkit](#)

National Eating Disorder Association (NEDA)

<https://www.nationaleatingdisorders.org/eating-disorders-and-diabetes/>

Sick Enough: A Guide to Medical Complications of Eating Disorder (Chapter 13)

Questions?



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Kids deserve the best.