



Childhood Obesity and Nutrition & Diabetes and Obesity

Creating intensive outpatient (IOP/PHP) programming for binge eating disorder for adolescents:
Improving obesity and eating disorder resources in the adolescent population

Christy McElroy²

¹/LQGHQ 2DNV %HKDYLRUDO +HDOWK 1DSHUYLOOH 86\$

²&HQWHU IRU 3HUVRQDO *URZWK &DURO 6WUHDP 86\$

Since the addition of binge eating disorder (BED) to the DSM-V, more awareness and education has been brought to the topic of obesity, food addictions and healthy lifestyle. Although, BED is a relatively new diagnosis, research indicates that the prevalence of this type of eating disorder is 2 ½ times higher than anorexia and bulimia combined. Within the last few years, we have been taking positive steps to provide more access to treatment. Although, trying to find access to care for the child and adolescent population has been fairly limited and almost non-existent. Higher levels of care for the treatment of binge eating disorder. The creation of a PHP/IOP adolescent program needs to incorporate the most effective and evidenced based treatment modalities for binge eating disorder, as well as family based interventions that include education and modelling. Topics included in the creation of an adolescent binge eating disorder PHP/IOP include determination and assessment for level of care, provider training to reduce stigmatization, education on current terminology, and adaptation of common eating disorder interventions. Differences in adult and adolescent treatment should be distinguished as well as the recovery outcomes that should be expected with treatment.