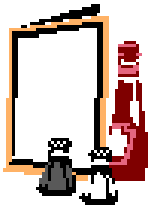


Eating Issues, Part 1

By Vivien Bergl, LCSW, CEAP, Solutions EAP Coordinator



On the way to work, on the radio, I heard two interesting things. One was that chain restaurants in Connecticut could soon be required to post calorie counts for their menu items. The House of Representatives gave final legislative approval and sent it to Governor Rell. The other interesting thing was that in a study done on middle age adults there are more obese adults and less exercising than in the past. It seems that despite all the education that is going on, Americans are getting fatter and less active. Children, too, seem to suffer from this fate.

Also, did you know? Nearly 10 million females and 1 million males in the U.S. are battling eating disorders such as anorexia and bulimia while millions more suffer from binge eating. More than 1 in 4 normal dieters progresses to pathological dieting. (National Eating Disorder.org)

This month we will explore the eating disorders listed above and the resources available to help people who are suffering and their loved ones. We will also talk about the specific issues to children and males who struggle with eating disorders. We will briefly discuss some of the options medically available to people who are obese.

If you would like to talk about this or any other issues, please call Solutions Employee Assistance Program (EAP) for free, confidential assessment, short term counseling and referral when needed.

Call Solutions EAP at 1-800-526-3485 for assistance for all of life's challenges.

It's free, confidential and open to family members

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