

# Eating problems and diabetes

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Living with diabetes places a lot of focus on food, weight, and body image. Sometimes, this can lead to an unhealthy relationship with food, something called disordered eating, or possibly an eating disorder.

If you're having these problems, you're not alone. There are many things you can do to change your relationship with food.

“Sometimes you'll binge and you'll feel disgusting and you're like, 'Well, I just won't inject my insulin for it and it'll kind of even itself out again'... it sounds screwed up.”

Christine, 22, person with diabetes



# What is disordered eating?

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Disordered eating includes a wide range of symptoms of abnormal eating behaviours. The types of symptoms of disordered eating are the same as those for a diagnosable eating disorder, except the symptoms are less severe, less frequent, or both. But disordered eating is a serious medical and mental health issue that needs professional attention.

Disordered eating can take many forms. It can involve:

- severely restricting food intake
- binge eating
- using unhealthy weight-loss tactics, like making yourself sick or restricting insulin.

These behaviours are accompanied by negative emotions. For example, feeling:

- alone or worthless
- unhappy with your body
- as if your life is 'out of control'
- depressed or anxious
- ashamed or guilty around food

Over time, disordered eating can lead to eating disorders, such as anorexia nervosa, bulimia nervosa or binge eating disorder.

These are serious mental health conditions that require immediate professional healthcare attention.

In the short term, disordered eating can still be very dangerous for your physical health, including your diabetes.

**It's important that you get help from a qualified healthcare professional.**

# What has disordered eating got to do with diabetes?

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Focusing on food, healthy eating and body weight is an important (and possibly the most challenging) part of diabetes management.

With so much attention on when, what, and how much to eat, over time this can lead to problems with how people think and feel about food and themselves.

Research has shown that some people with diabetes struggle with disordered eating, fixations about food, and misuse insulin for weight management.

Disordered eating can affect the way a person manages their diabetes and their physical health. Some examples include:

- missing meals
- missing or manipulating insulin doses to lose weight.

# What you can do

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If you have concerns about how you feel and think about your eating, weight, or body image, get help from your general practitioner (GP) or diabetes healthcare professional. They can help you identify whether there is a problem and give you the best advice. Disordered eating or an eating disorder is unlikely to go away on its own. Without professional healthcare intervention, it will only get worse. But with the right support it can get better.

Whether or not you are stressed about food or your weight, it's important to look after your emotional wellbeing. Some of the following strategies may work for you but others may not, and that's okay. They may give you ideas about other things you could try.

## Open up

Disordered eating can make you feel like you are alone, but the people who care about you will want to support you.

- If there are particular family members or friends you trust, talk with them about how you feel.
- If you don't feel like you have anyone to talk to, try calling our helpline, join one of our local support groups or chat online in our forum. [We can help.](#)

Starting the conversation can be hard, but it's a good first step towards recovery.

Sometimes family or friends are not aware that their comments (about food for example) might be having a negative impact on you. Letting them know how you feel can help them understand your needs.

It can be difficult for people who care about you to hear that you are unhappy or unwell. If the conversation doesn't go well, don't let their initial reactions deter you. They may need some time to process what you have told them. Talk to them again when you feel the time is right. Meanwhile, get support from a professional who will understand and be non-judgmental.

### Take one day at a time

Having diabetes and disordered eating is really tough. Don't be too hard on yourself. Take one day at a time. You will face some setbacks but that's okay – keep going and have confidence that you can and will recover.

### Write it down

Keeping a food and feelings diary can be helpful for understanding some of your eating patterns and emotions associated with food. You might like to try making your own food diary to get a better idea about some of your own patterns (see box top right for tips).

If you choose to bring the food diary to your next consultation (for instance, with a or psychologist), they will not judge you for anything you write down. It will help them to understand how you are feeling.

### Eat mindfully

Whether you over-eat or restrict what you eat, mindful eating can help. Mindful eating is about focusing your awareness on how you eat so that you can become more in tune with your level of hunger and fullness. It helps you to respond appropriately to your body's needs. Try a mindful eating exercise (see box bottom right).

This is designed to help you become more aware of what you are eating, and appreciate and enjoy the experience. It might take some practice but once you've tried it a few times, you may be surprised by how helpful it is for improving your relationship with food. If this kind of thing isn't for you, that's okay.

### Tips on writing a food diary

- Record everything you eat and drink – be specific.
- Record the time you eat and where you eat.
- Record if it is a binge episode.
- Record any exercise you do.
- Record all unhealthy weight loss tactics. For example, if you skip taking insulin (including when, where, how many times).
- Record what you are eating while you are eating, not before or after. You will be much more accurate if you do this.
- Write down your thoughts and feelings before and after eating.
- Write down how you feel physically, like how hungry you feel, if you had an empty stomach or if you're uncomfortably full or sick afterwards.
- Be honest with yourself – the diary is designed to help you.

### Mindful eating exercise

Practice a mindful bite at least once every meal or snack:

1. Choose one piece of food, such as a raisin, a slice of mandarin, a potato chip or a piece of chocolate.
2. Start by looking at the food. Examine its shape, colour and texture.
3. Then bring the food to your nose and notice what you smell.
4. Next, place the food on your tongue. Notice how your salivary glands begin to respond.
5. Take a bite and notice the sounds from your mouth and texture on your tongue.
6. Chew slowly and notice how the texture of the food changes as you chew.
7. Now swallow the food. Pay attention as it travels down your throat and into your stomach. Notice the sensations.
8. Now say the name of the food silently to yourself.

## Talk with a professional

These ideas on what you can do yourself may give you some insight into your disordered eating. But they can't replace a professional help. It's always a good idea to discuss your concerns with your GP or another qualified healthcare professional. They are there to help you and they will not judge you for the way you are feeling.

## Who can help?

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### Your diabetes healthcare professionals

Your diabetes health professionals are there to help you with all aspects of your diabetes, including how you feel about it. If you feel comfortable, share your feelings with them. They will give you non-judgmental support and advice. You may want to talk with your:

- general practitioner (GP)
- diabetologist (consultant)
- diabetes specialist nurse
- practice nurse
- dietitian.

Bring this leaflet along to your consultation to help get the conversation started. You will probably feel relieved after sharing your feelings, and it will help your health professional to understand how you are feeling.

Together, you can make plans to manage your disordered eating.

### Psychologist or psychiatrist

You might also like to talk to a psychologist or psychiatrist. These professionals are well placed to make an assessment and provide treatment for disordered eating. Treatment may involve:

- one-to-one counselling, like cognitive behavioural therapy
- group therapy or family therapy
- medication, like anti-depressant
- a combination of psychological therapy and medication.

Ask your diabetes healthcare professional about a referral to a psychologist or psychiatrist in your area who is familiar with diabetes.

You can also find help from your local Improving Access to Psychological Therapies (IAPT) team. Ask your diabetes team to refer you, or contact them directly by searching online for 'IAPT' and your local area name.

### Diabetes specialist dietitian

Nutritional support from a dietitian who is experienced in the treatment of disordered eating and diabetes can be an important part of recovery.

A dietitian can help you develop a healthy relationship with food in a safe environment. Your dietitian will help you to make food-related goals and help you achieve these goals at a pace that feels right for you.

Ask your diabetes health professional if they can refer you to a dietitian who is familiar with diabetes and disordered eating.

**“My family will say things like, ‘You shouldn't eat that!’. They have no idea how hurtful that is to me. I know they're just trying to help, but I wish they wouldn't. It just makes me feel so inferior, so bad about myself.”**

Julia, 45, person with diabetes

## More information and support

There are lots of different sources of information and support. Talk with your healthcare professional team about which ones might be right for you.

### BEAT Eating Disorders

Provides support for people (with or without diabetes) struggling with any type of eating disorder. Has support groups, helplines and information leaflets.

Call: **0808 801 0677**

Website: **[www.beateatingdisorders.org.uk/](http://www.beateatingdisorders.org.uk/)**

### NHS self-help guide on eating disorders

A leaflet from the NHS on eating disorders.

Website: **[www.nth.nhs.uk/selfhelp](http://www.nth.nhs.uk/selfhelp)**

## How we help

### Diabetes UK

We're fighting for a world where diabetes can do no harm. And as the UK's leading diabetes charity, it's our job to tackle the diabetes crisis. We provide information, advice and support to people with all types of diabetes so they can learn to live well with their condition. And we bring people together so they can learn from each other and get to grips with diabetes. Visit our website

**[www.diabetes.org.uk/food-psychology](http://www.diabetes.org.uk/food-psychology)** or **[www.diabetes.org.uk/diabulimia](http://www.diabetes.org.uk/diabulimia)**

Our helpline is managed by trained counsellors there to listen, give support and answer questions.

Call **0345 123 2399**

You can meet other people with diabetes at one of our local support groups.

Visit **[www.diabetes.org.uk/support-groups](http://www.diabetes.org.uk/support-groups)**

Or chat to others online in our support forum at **[www.diabetes.org.uk/forum](http://www.diabetes.org.uk/forum)**

And if you're on social media, join our online community on Facebook or follow us at

**@DiabetesUK** on Twitter.

**[www.diabetes.org.uk](http://www.diabetes.org.uk)**

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