

Unit 8 Eating disorders and Body Image

How does the hypothalamus work?

Two Theories

Leptin Theory

- Leptin is a protein produced by bloated fat cells.
- Hypothalamus senses rises in leptin and will curb eating and increase activity.

Set Point Theory

- Hypothalamus acts like a thermostat.
- We are meant to be in a certain weight range.
- When we fall below weight our body will increase hunger and decrease energy expenditure (Basic Metabolic Rate).
- What happens if we go above our **set point**?

Hypothalamus

LATERAL HYPOTHALAMUS

- When stimulated it makes you hungry.
- When lesioned (destroyed) you will never be hungry again.



VENTROMEDIAL HYPOTHALAMUS

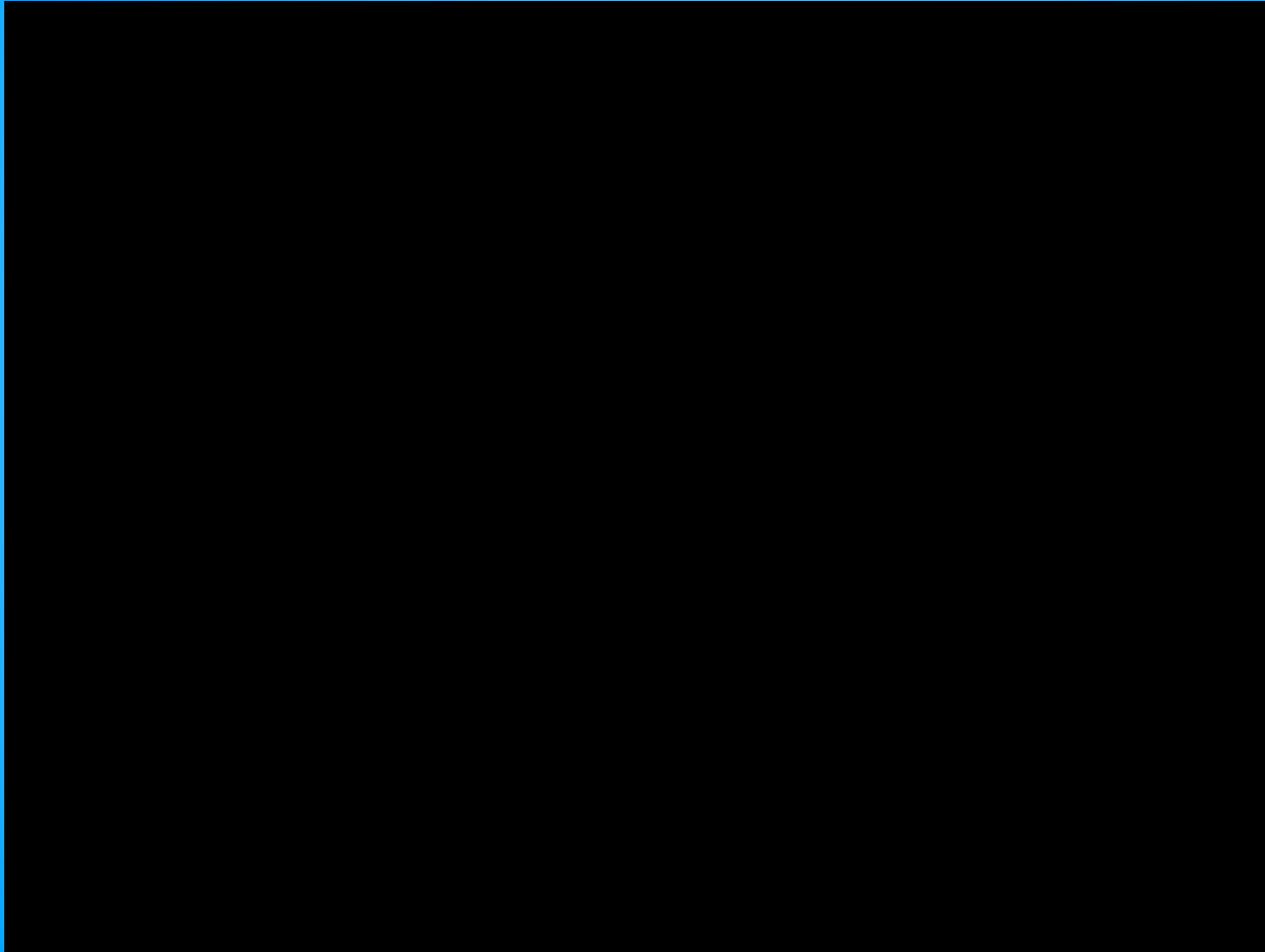
- When stimulated you feel full.
- When lesioned you will never feel full again.



The next three slides are about annorexia, pay attention and look at what some of the side effects are.

Role the MEDIA PLAYS

- AVERAGE SIZE OF A WOMAN IS SIZE 14!



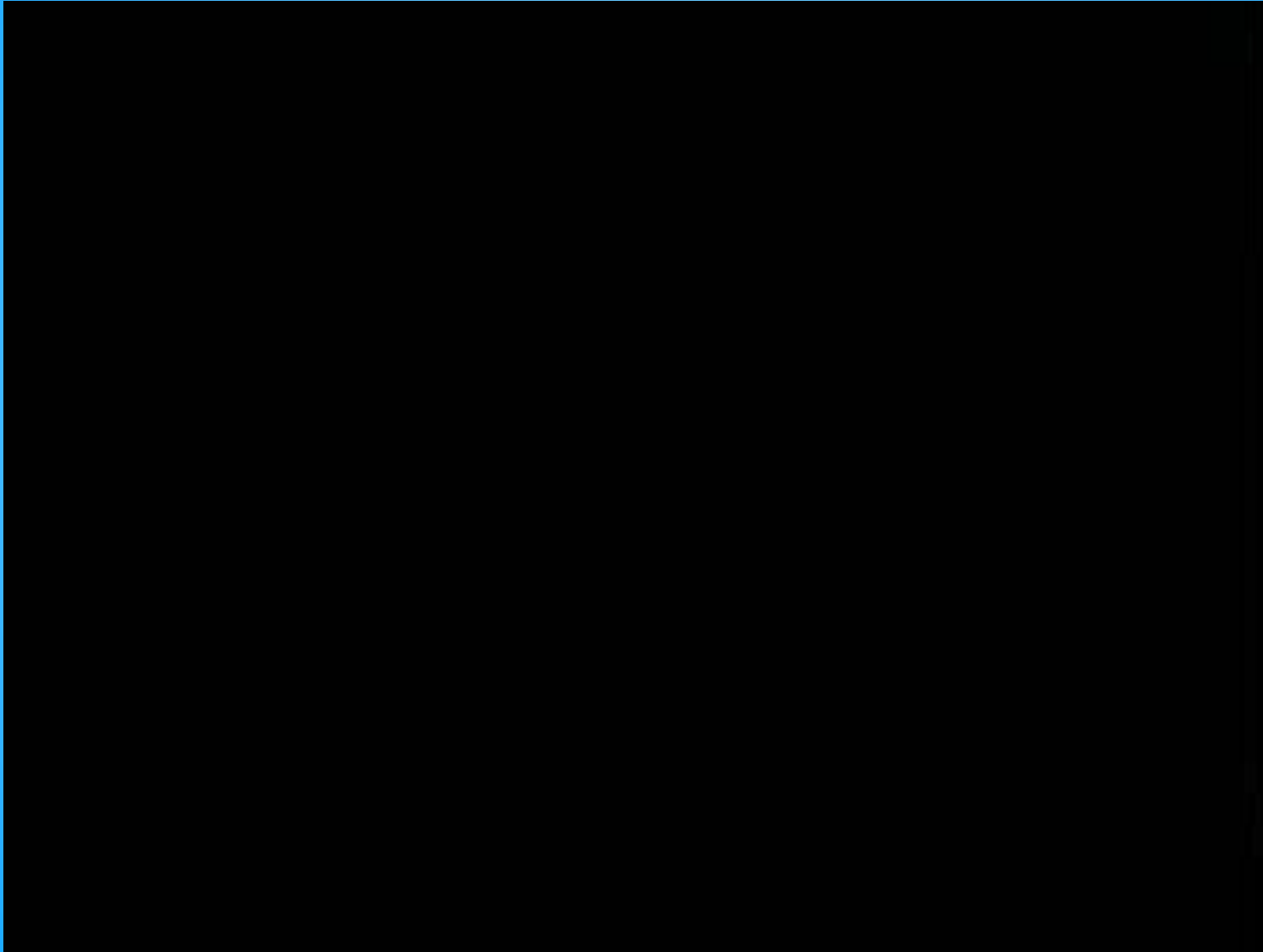
http://www.youtube.com/watch?v=C7143sc_HbU

Anorexia Nervosa



- Thin Pt. 1
- <http://www.youtube.com/watch?v=lg1-HM9yasg>

Anorexia Nervosa

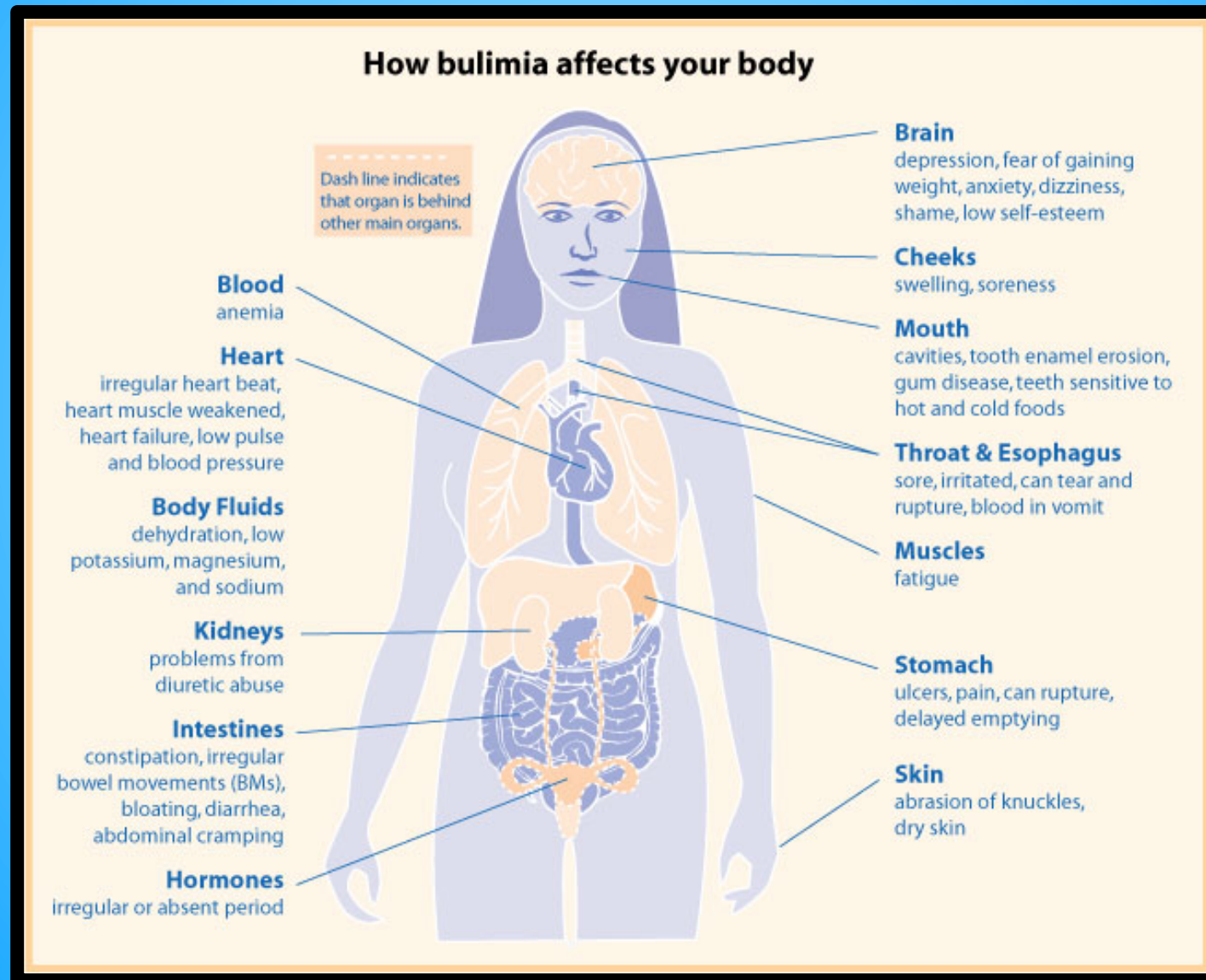


- Thin Pt. 1
- <http://www.youtube.com/watch?v=lg1-HM9yasg>

Thin pt. 2



Bulimia marked by bingeing and purging



Obesity



Obesity Documentary Part 3

- <http://www.youtube.com/watch?v=BirBvnxnb96k>

Obesity



- **Science of Obesity - Sumo Wrestlers HD**
- <http://www.youtube.com/watch?v=bSSeRp6Dtno>

Obesity

Once we become fat we require less food to maintain our weight than we did to attain it? Why? Because compared with other tissue, fat has a lower metabolic rate, it takes less food energy to maintain.

When an overweight person's body drops below its previous set point the person's hunger increases and metabolism decreases. Thus the body adapts to starvation by burning off fewer calories.

Losing Weight

- Realistic and moderate goals, undertaking programs that modify their life style and ongoing eating behavior. Lose weight gradually.

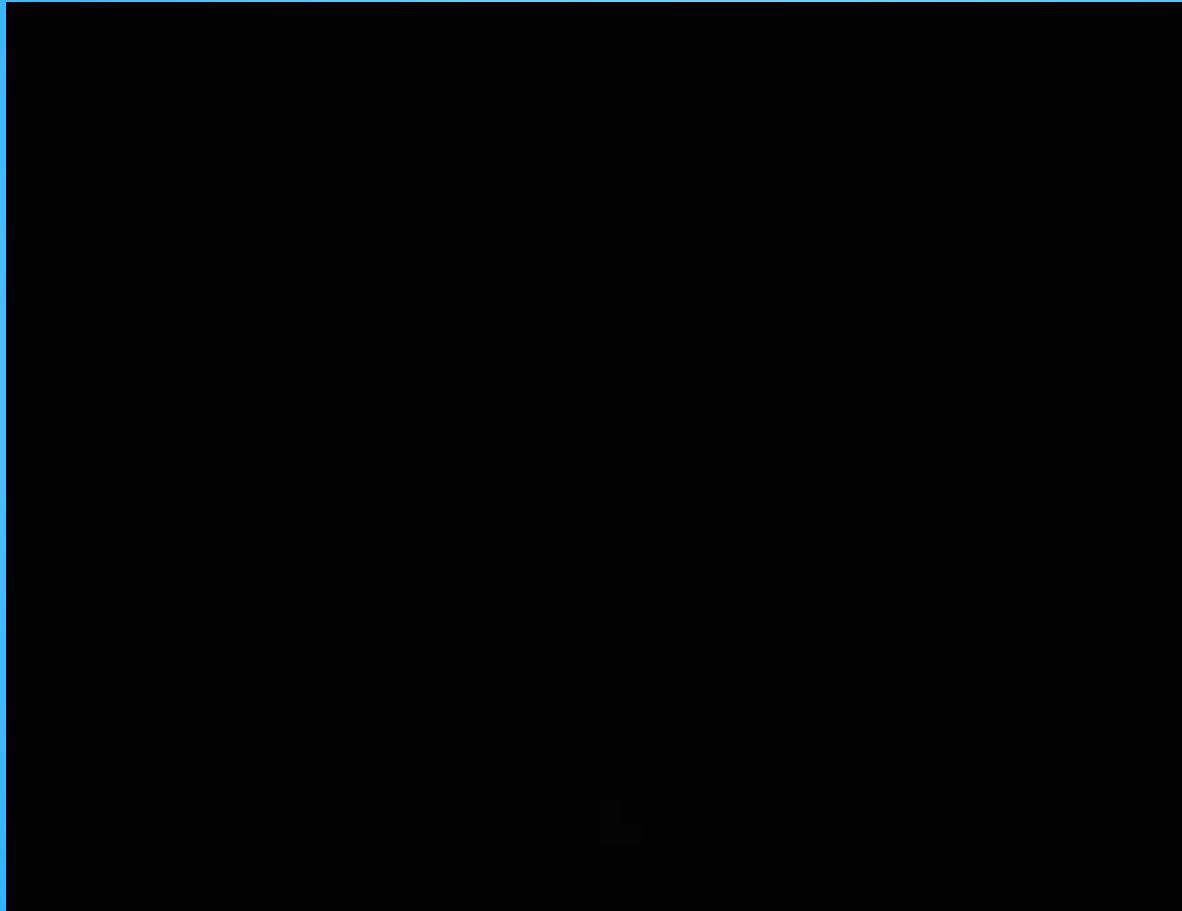
The Biggest Loser??

- What are your thoughts?



<http://www.youtube.com/watch?v=jyrk5IN7PjU>

Diabetes



What is Diabetes? (Part 1 of 2) | HealthiNation

- <http://www.youtube.com/watch?v=yyRsBEQ3ks8>