

Eating Disorders in Adolescents with Obesity

A Guide for Primary Care Providers



Adolescents with obesity are at increased risk for developing eating disorders. Early identification and treatment improve outcomes.

PREVENTIVE	IDENTIFICATION	TREATMENT
Every Visit: <i>Use a weight-inclusive approach, focusing on non-stigmatizing, family-centered care.</i> ☐ Emphasize health behaviors instead of weight ☐ Use neutral, person-first language ☐ Address weight-based teasing/bullying as needed	Well Check Visits: <i>Screen to identify patients who may be at risk.</i> ☐ Loss of control or binge eating ☐ Skipping meals or intentional restriction ☐ Purging (vomiting, laxatives, diuretics) ☐ Compulsive or excessive exercise ☐ Guilt or shame around eating ☐ Rapid weight change ☐ Anxiety, depression, or social withdrawal ☐ GI symptoms, dizziness, fatigue, or menstrual changes Were red flags present from the above screening? <i>If no:</i> ☐ Reinforce healthy behaviors ☐ Reassess at future visits <i>Do not continue.</i> <i>If yes:</i> ☐ Screen with a tool (ChEDE-Q8, SCOFF) ☐ Order labs ☐ Review growth history and trajectory ☐ Screen for depression and suicidality ☐ Determine medical stability and treat <i>Continue.</i>	<i>If not medically stable:</i> <i>Urgent referral to Eating Disorder Specialist</i> ☐ Bradycardia, hypotension, electrolyte abnormalities ☐ Ongoing purging or severe restriction ☐ Suicidal ideation <i>If medically stable:</i> ☐ Pause weight-loss efforts ☐ Normalize eating patterns ☐ Emphasize family support ☐ Recommend structured behavioral intervention ☐ Refer to RD or mental health provider with disordered eating expertise

For more information: www.greauxhealthy.org/provider-hub
@greauxhealthyPB @greaux_healthy X/greauxhealthy /company/greaux-healthy

Powered by Pennington Biomedical Research Center in partnership with the State of Louisiana.
©2026 The Board of Supervisors of Louisiana State University and Agricultural and Mechanical College. All rights reserved.

Sources: <https://doi.org/10.1542/peds.2022-060640>, <https://doi.org/10.1001/jama.2022.1806>, <https://doi.org/10.1542/peds.2020-040279>, <https://doi.org/10.1542/peds.2022-060641>, <https://doi.org/10.1001/jamapediatrics.2024.2851>, <https://doi.org/10.1016/j.pcl.2024.06.009>, <https://doi.org/10.1111/obr.13173>, <https://doi.org/10.3390/ijerph20176638> <https://doi.org/10.1210/jc.2016-2573>