ACADEMIC REVIEW FOR EATING DISORDERS IN TYPE 1 DIABETES


- In adolescents with T1D, eating disorders and disordered eating syndrome were found in 15.9% of males. Neumark-Sztainer D, et al. Weight control practices and disordered eating behaviors among adolescent females and males with type 1 diabetes. Diabetes Care. 2002;25:1289-1296.


- Diabetes related microvascular complications are 2.4-3.5 times more likely in type 1 diabetics with disordered eating and insulin omission. Microvascular complications include retinopathy, nephropathy (kidney disease), and peripheral neuropathy. Rydall A, et al. Disordered Eating Behavior and Microvascular Complications in Young Women with Insulin-Dependent Diabetes Mellitus. New England Journal of Medicine 1997;336:1849-854.

- After 10 years of follow-up, patients with anorexia nervosa had 6.5% mortality, those with type 1 diabetes had 2.5% mortality, and when combined the mortality rate rose to 34.8%. Nielsen S, et al. Mortality in Concurrent Type 1 Diabetes and Anorexia Nervosa. Diabetes Care. 2002;25(2):309-312.

- A majority of study participants endorsed disinhibited eating when they thought blood glucose was low; the frequency was then positively associated with weight-related insulin mismanagement. Merwin, RM, et al. Disinhibited eating and weight-related insulin mismanagement among individuals with T1D. Appetite. 2014;81:123-130.


- Individuals with type 1 diabetes showed higher dropout rates and poorer treatment outcomes than other patients, in spite of having no difference in psychopathology other than insulin mismanagement. Custal, Nuria, et al. Treatment Outcome of Patients with Comorbid Type 1 Diabetes and Eating Disorders. BMC Psychiatry. 2014;14:140.