

# Disordered Eating and Body Image Disturbance in the Military



EVENT PAGE:

<https://oneop.org/learn/160008/>

CONTINUING EDUCATION:

- Registered Dietitian Nutritionists, and Nutrition and Dietetic Technicians Registered
- Social Workers, Licensed Professional Counselors and Licensed Marriage and Family Therapists
- Case Managers
- Certified Family Life Educators
- Board Certified Patient Advocates
- Certificate of Attendance

## ABOUT THIS WEBINAR:

Service members experience disordered eating and body image disturbance at a higher rate than the general population which can have a significant, negative impact on service members' readiness and performance. This presentation teaches Registered Dietitian Nutritionists and other healthcare providers the best practices to identify and manage disordered eating and body image disturbance. It empowers service providers to identify signs and symptoms and provides tools to support service members experiencing these struggles.

Learning objectives:

- Describe the prevalence of disordered eating and body image disturbance in a military population.
- Identify common signs and symptoms of disordered eating and body image disturbance.
- Explain the impact of disordered eating on individual readiness and performance.
- Give two examples of assessment tools and two examples of intervention strategies for service members experiencing disordered and body image disturbance.

PRESENTERS:

CPT Stephanie Meno, MS, RD, CSSD  
Army Nutrition Domain Lead  
Holistic Health and Fitness (H2F)  
Center for Initial Military Training  
Fort Eustis, Virginia

Priscilla Rumph, MS, RD, CSSD, CEDRD  
Registered Dietitian  
Holistic Health and Fitness (H2F)  
Joint Base Lewis McChord, Washington

CPT Maria Stukenborg, MS, RDN  
Nutrition Program Director  
Holistic Health and Fitness (H2F)  
Joint Base Lewis McChord, Washington