



Type 2 Diabetes & Binge-Eating Disorder

Patients with Type 2 Diabetes have been found to have higher rates of eating disorders than the general population, the most common of which is Binge Eating Disorder (BED). Binge-eating disorder is marked by frequent episodes of eating abnormally large amounts of food, followed by feelings of guilt and self-loathing. Therefore, assessment for BED is an important aspect of managing patients with type 2 diabetes.

Diabetes Care

- A1C may be in target or elevated
- Patients may not want to bring in glucose or food records as they may be ashamed if they binged or the glucose readings are high
- Upon hearing the diagnosis of diabetes they may feel restricted and that could trigger bingeing
- Recommended carbohydrate intake could sound quite restrictive and trigger bingeing
- Patients may omit insulin and/or oral medications in hopes of losing weight or not wanting to count how many carbs they ate during the binge

Eating habits and behaviors

- Repeated episodes of bingeing, characterized by eating an amount of food that is definitely more than most people would eat in a similar time period under comparable circumstances
- Eating much more rapidly than normal
- Eating until uncomfortably full
- Eating large amounts of food when not physically hungry
- Eating alone due to embarrassment of amount of food
- Disgust, depression or guilt after bingeing
- Binge eating that occurs on average, at least once a week for three months
- Bingeing is not associated with regular purging, fasting or excessive exercise