



All Recovery (IBH)

Eating Disorders, Disordered Eating, and Nutrition

Authors Ava Arch and Katie Baldwin

Affiliations Name the organization that supports your research.

An Introduction to Integrative Behavioral Health

The primary focus of traditional CRPs is **abstinence-based recovery** from substance use disorders, frequently overlooking the **co-occurring behavioral and mental health issues** that many students also encounter (3). The **IBH model** extends CRPs to help students who are struggling with:

- **Mental health disorders** (e.g., depression, anxiety, bipolar disorder)
- **Disordered eating** (e.g., binge eating disorder, subclinical disordered eating behaviors)
- **Sleep disorders** (e.g., insomnia, sleep disturbances linked to SUDs)
- **Process addictions** (e.g., gambling, compulsive behaviors)

This brief offers recommendations for developing a more thorough and **inclusive recovery network** for students by examining how CRPs can broaden their assistance by integrating nutrition education and eating disorder recovery (3).

Prevalence & Overlap Between Disordered Eating and Substance Use Disorders

- **High prevalence of disordered eating (DE) among students in CRPs:**
 - **35%** of individuals with SUDs also **experience eating disorders**, according to the National Center on Addiction and Substance Abuse (2).
 - **27%** of individuals with SUDs also meet the criteria for **binge eating disorder** (1).
 - **14%** of women with SUDs suffer from **anorexia**, and **14%** from **bulimia** (1).
 - **Women with SUDs are 4x more likely** to develop an eating disorder and vice versa (1).
 - **9% of college students screen positive for DE**, with higher rates among women and full-time students (1).
- **Overlap between DE, SUD, and Mental Health Disorder (MHD) Recovery:**
 - Recovery from disordered eating and eating disorders shares similar elements to recovery from substance use disorders, such as **community involvement, coping skill development, and identity reformation**
 - Therefore, CRPs are well suited to **provide a peer-supported recovery environment** for those in recovery from DE (1).

The Role of Nutrition in Recovery & Its Integration in CRPs

- **Malnutrition and metabolic disorders** are common in students recovering from EDs and SUDs (4).
- The role of proper nutrition in recovery:
 - **Nutritional deficiencies** impact mental health, relapse risk, and overall well-being (4).
 - Nutrition plays a role in **stabilizing mood, energy levels, and cognitive function** during recovery (4).
- **West Virginia University's CRP Nutrition Program Success:**
 - Implemented culinary therapy and nutrition education (4).
 - Showed improved eating habits, resilience, and recovery success (4).

How CRPs Can Better Support Eating Disorder Recovery

- **Expand** CRPs to include eating disorder recovery support (2).
- **Integrate** nutrition counseling and structured meal support programs (2).
- **Offer** peer-led education and support groups focused on disordered eating recovery (1).
- **Create** a recovery-informed approach to food and wellness on campus (1).

Sources

1. Ashford, R. D., Wheeler, B., & Brown, A. M. (2019). Collegiate recovery programs and disordered eating: exploring subclinical behaviors among students in recovery. *Alcoholism Treatment Quarterly*, 37(1), 99–108. <https://doi.org/10.1080/07347324.2018.1475206>
2. Monsour, D. L., Kimball, T. G., & Henley, E. L. (2022). Navigating Challenges to Providing Eating Disorder Support in Collegiate Recovery Programs. *Journal of American College Health*, 70(4), 984–987. <https://doi.org/10.1080/07448481.2020.1790576>
3. Nichols, M., Hennessy, P., Brown, P., & Tanner-Smith, PhD. (2023). Co-occurring mental and behavioral health conditions among collegiate recovery program members. *Journal of American College Health*, 71(7), 2085–2092. <https://doi.org/10.1080/07448481.2021.1955687>
4. Wattick, R. A., Hagedorn, R. L., & Olfert, M. D. (2020). Enhancing College Student Recovery Outcomes Through Nutrition and Culinary Therapy: Mountaineers for Recovery and Resilience. *Journal of Nutrition Education and Behavior*, 52(3), 326–329. <https://doi.org/10.1016/j.jneb.2019.11.006>