

Health and wellness are critical aspects of our well-being.

To delve into these important aspects, we bring to you a new monthly series, **PruSper Pulse**, under PruSper, our well-being initiative. This series aims to help you understand ongoing studies, recent developments, trends, common diseases and their management, and simple health and lifestyle tips.



Impact of eating disorders on health

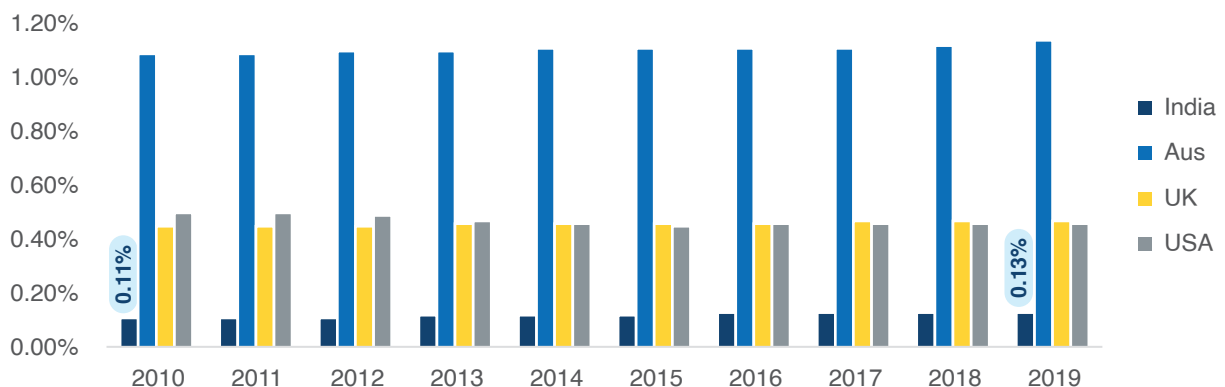
Welcome to the first edition of PruSper Pulse – our monthly publication on health and wellness.

Introduction

While eating disorders are considered a western world problem, their prevalence in India is increasing. Eating disorders are now a serious cause of concern. If not addressed timely, an eating disorder could impact the overall health and wellbeing of an individual in the long run, and even be life-threatening. Due to a lack of awareness and stigma around them, there is a possibility that Indians will less likely seek support to manage and overcome them.

The data below reveals that eating disorders in India have increased by 20%, from 2010 to 2019. Currently, 20 lac people are suffering from eating disorders (excluding people who are unaware or are uncomfortable to report them).

YoY Prevalence of Eating Disorders






*Source: Ourworldindata.org

What are eating disorders?

Eating disorders are complex mental disorders that negatively affect an individual's emotional and physical health due to abnormal eating behaviours. People with eating disorders develop an unhealthy relationship with food, their weight, and/or their appearance.

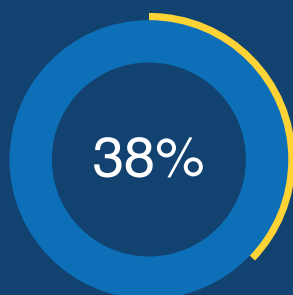
Types of eating disorders

| | Anorexia Nervosa | Bulimia Nervosa | Binge Eating Disorder (BED) |
|---|--|---|--|
|  Characteristics | <ul style="list-style-type: none">• Restricting food intake• Self-starvation• Obsessive desire to lose weight | <ul style="list-style-type: none">• Eating a large amount of food• Followed by purging or over-exercising to get rid of the food | <ul style="list-style-type: none">• Consuming a large amount of food in a short period without control |
|  Symptoms | <ul style="list-style-type: none">• Rapid weight fluctuation• Electrolyte imbalance• Lethargy, sluggishness, or consistently feeling tired• Low immunity leading to frequent infections | | |
|  Health risks | <ul style="list-style-type: none">• Anaemia• Heart diseases• Kidney failure• Digestive problems | <ul style="list-style-type: none">• Dental problems• Stomach ruptures• Menstruation irregularities• Diabetes | <ul style="list-style-type: none">• High blood pressure• High cholesterol• Gall bladder diseases• Type 2 diabetes |

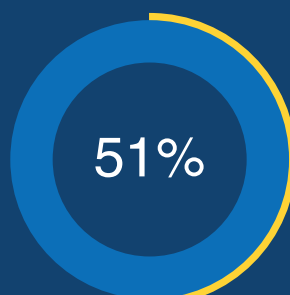
Alarming statistics

In an open poll conducted by Prudent on LinkedIn, we found that most of the participants were not aware of eating disorders but may have related symptoms.

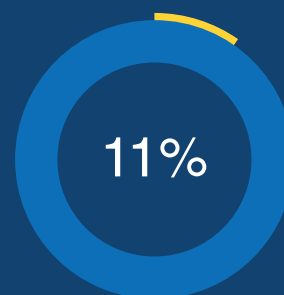
Appended below are the results of the poll.



I follow a
balanced diet



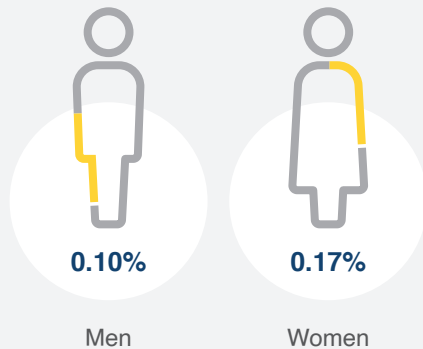
I binge-eat most
of the time



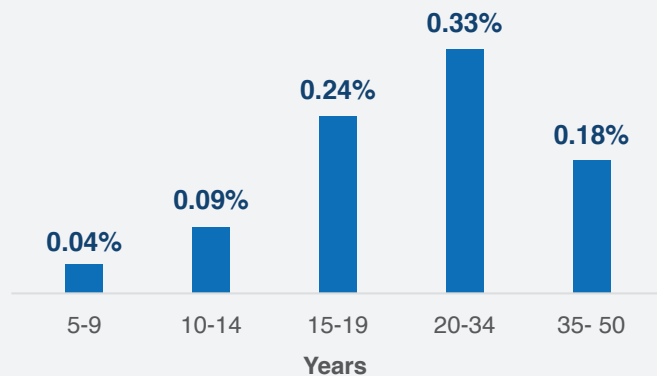
I constantly count
my calories

It is observed that the age group between 20 to 34 years is the most impacted, with a prevalence of 0.33%. Women have a higher prevalence of eating disorders (0.17%) in comparison to men (0.10%). Please refer to the bar graph to understand the analysis of the poll.

Gender-wise prevalence



Age-wise prevalence



*Source: Ourworldindata.org

Way forward



Awareness campaigns (informative emailers, social events such as townhalls or counselling sessions, webinars, collaboration with NGOs, and focused communities) to be conducted to break the stigma around them and enable people to seek help



A cohesive wellness program (that runs on an awareness-driven team-approach, comprising doctors, mental health professionals, dieticians, and nutritionists) needs to be built with a people-centric approach to help manage individual symptoms



Psychological therapy is the most important treatment. It focuses on behaviours, thoughts, and feelings related to eating disorder(s)

Counselling, family-based therapy, and exploring healthy ways to cope with stress



Nutrition specialists can help in better understanding of the eating disorder and in developing a plan to achieve and maintain healthy eating habits

Recognising nutritional deficiencies and building a customised diet plan



Medications alone cannot cure an eating disorder. They are more effective when combined with psychological and nutritional therapy

Medical prescriptions should be taken from certified medical practitioners

You can connect with PruSper's wellness team at wellness@prudentbrokers.com to help you plan a holistic program on eating disorders.



www.prudentbrokers.com

Prudent Insurance Brokers Private Limited - Registered Office at 101, Tower B, Peninsula Business Park, G.K. Marg, Lower Parel, Mumbai 400 013 Maharashtra, Tel: +91 22 3306 6000.

Certificate of Registration No. 291 (Validity: 18th February 2020 to 17th February 2023)
CIN No.: U70100MH1982PTC027681

Insurance is the subject matter of solicitation.

Prudent Insurance Broker Pvt. Ltd. is the registered Composite Broker with IRDAI, having certificate of registration (COR) number 291 and does not underwrite the risk or act as an insurer. The contract of insurance shall be between Insurance Company and the insured. Prudent's service obligations to you are solely contractual in nature. You acknowledge that, in performing services, Prudent and its affiliates are not acting as a fiduciary for you, except to the extent required by applicable law, and do not have a fiduciary or other enhanced duty to you. This report and any recommendations or analysis provided herein, are based on our experience as insurance and reinsurance brokers or as consultants, as applicable, are not intended to be taken as advice or recommendations regarding any individual situation. The opinions expressed herein are valid only for the purpose stated herein and as of the date hereof. We are not responsible for the consequences of any unauthorized use of this report. The information in this document is provided for general information purposes only. No information contained in this document should be construed as an advice from Prudent Insurance Brokers Private Limited. This document is not a legal advice and Prudent expressly disclaims any liability to any person for actions taken based on the views stated in the given document and we recommend and encourage all to obtain independent legal advice in relation to any subject matter contained herein.