

Learning Resources

Adolescent Anorexia

The Nursing Implications Series

Juanita Smith, Associate Professor of Nursing discusses its physical and psychological symptoms, along with proper nursing care procedures for diagnosing and treating the syndrome. A teenage anorexic girl describes her experience.

Post Secondary - Introductory, Professional
29 minutes, order 1-3904-IN

Anorexia Nervosa - The Covert Rebellion

Candid view from the perspective of the anorexic, the family, and the professionals involved.

Ages 15 to 18, Adult
26 minutes, order 1-9969-IN

Dying To Be Thin: Surviving Anorexia And Bulimia

Causes, symptoms and consequences of each; victims, parents and sports coaches reveal the pain and struggle associated with these illnesses along with methods of detecting, treating and preventing them.

Professional
58 minutes, order 1-6536-IN

Here are personal stories, causes, symptoms and consequences; victims, parents and care-givers reveal the pain and struggle along with methods of detection, treatment and prevention.

Eating Disorders: The Slender Trap

Examines the variety of reasons people fall prey to these disorders; describes anorexia nervosa, bulimia and compulsive overeating; symptoms, signs and treatment.

Ages 12 to 14, Ages 15 to 18, Adult
21 minutes, order 1-9868-IN

Eating Disorders: When Food Hurts

Anorexia and bulimia are widespread among teenage girls in Canada. This program examines the causes, warning signs, physical dangers, and difficulties in treating these diseases. Includes the insights of recovering victims.

Ages 15 to 18
18 minutes, order 1-8904-IN

Eating Disorders

The Doctor Is In Series

This program profiles four young people who have had eating disorders. Their experiences highlight how this illness is not just about food, but about struggling with loss of emotional control. The newer approaches using cognitive behavioural therapy and anti-depressants are explained. Russell Marx, MD, Clinical Director of the Eating Disorders Program at the Medical Center at Princeton, and Marcia Herrin, EdD, MPH, RD at the Dartmouth College Health Service, show what's being done to prevent and treat one of the most lethal categories of mental illness.

Ages 15 to 18, Adult
28 minutes, order 2-3134-IN

Food Obsession: An Eating Disorder Notebook

Healthy Living: Road To Wellness Series

Presents the harsh realities of eating disorders. Individuals recovering from compulsive eating and bulimia nervosa share their struggles to maintain a normal relationship with food.

Experts specializing in anorexia nervosa, compulsive eating and bulimia nervosa identify the essential features of eating disorders and treatment options.

Ages 16 to Adult
30 minutes, order 5-4962-IN

A Nation At Rest

Healthy Living: Road To Wellness Series

Is exercise really beneficial? Students can weigh the pros and cons as this program explores inconsistent research findings regarding the benefits of exercise. Health professionals analyze physical inactivity as an epidemic and the increased emphasis on looking physically fit.

Ages 16 to Adult
30 minutes, order 5-4963-IN



Learning Resources

Nutrition To Grow On

Convinces adolescents that they can't afford to develop poor eating habits during these crucial years and that better eating needn't be unpleasant; examines common nutritional problems and their remedies.

Ages 12 to 14, Ages 15 to 18
28 minutes, order 1-8142-IN

Population At Large

Healthy Living: Road To Wellness Series

Examines the widespread obsession to lose weight because of hype from the media and diet industry. Who stands to gain or lose will be questions for students to consider as they explore the diet explosion, the non-diet movement and the various causes behind society's preoccupation with weight. The health risks of weight-loss and social implications of obesity are discussed.

Ages 16 to Adult
30 minutes, order 5-4961-IN

The Truth About Body Image

The Teen Files Series

Teens in this program are forced to confront how popular ideas of "beauty" damage teens physically and psychologically.

This program is part of the ***Surviving High School*** program (1-2543).

Ages 12-18
21 minutes, order 1-2560-IN

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