

Interview with a sport teacher about anorexia and bulimia

We interviewed sport teacher Ove at U. Pihl high school about anorexia and bulimia. He has an impression of that people who exercise a lot have to be thinner than “normal” people to succeed in their sport like for example cross-country skiers, runners and ski jumpers. The men in these sports are very light and weigh about 40-50 kilos. It is mostly girls who have anorexia or bulimia, only 10-15% of them are boys. People with these illnesses are between 12-25 years old. 50% of 11-13 year olds see themselves overweight.

Ove says that the signs of anorexia and bulimia are losing weight and when they lose 15% of their weight, they are close to become really seriously underweight. Another sign is that the student becomes unsocial and does not talk to his or her friends anymore. People with an eating disorder can get damages inside their bodies like in the liver and other organs. The bone structure becomes breakable and it is ageing.

He thinks that the reasons for anorexia and bulimia are family problems, comments on their weight from other people like friends and because they are doing a sport where they have to be thin, like we said before. Ove also thinks it is a mental problem, instead of a physical one. The sport teacher Ove thinks that anorexia and bulimia are growing problems. He showed us some studies which showed that 1 of 200 American people have anorexia and 2 of 3 people in America have bulimia.

Ove has been a teacher for students with an eating problem. He tried to help the students at the beginning of their illness, but he is not trained to help people with this disease. The problem is mostly in their heads so they need more professional help like a psychologist. The teacher thinks that it is important to eat healthy and vary food to sustain a normal body weight. Instead of fast food, the students should eat for example 5 fruits or vegetables each day. They should also exercise to stay in shape.

We learned a lot of new things about anorexia and bulimia during this interview and we will try to be healthy people to prevent getting anorexia or bulimia.

Leprosy

Leprosy is caused by bacterium. The first trace of leprosy was in China, Egypt and India, approximately 600 BC, but it first came to Europe at 900 AD.

They did not know if the disease was hereditary or if it contagious. Not everyone got the disease because they had a good immune system that defeated the bacterium. Wrong nutrition for the fishermen along the coast made their immune system bad. For some period they even thought the disease was caused by fish. It was mostly poor people that got the disease because they had the worst health care.

The symptoms were variable. There were symptoms inside the body and on the outside. The outside symptoms were big lumps that became open wounds that got infected. That led to amputation, the most ordinary amputation was of fingers and toes. Inside symptoms were damages on the nerve system that could lead to blindness, loss of hearing and tactile sense.

They did not have any medicines in the worst period, in the year's between 1300-1400. There were a lot of researches to find the correct medicine. [Gerhard Armauer Hansen](#) was the one who succeeded his researches. The treatments first came in 1950, when the antibiotics were invented.

Patients in the beginning were allowed to go outside among people, because they did not know how it spread. In 1885 Norway got a new law, and the patients were looked up in hospitals and had to take care of themselves. The hospitals had small farms so the patients were able to have food. They also had small jobs, make fishnets, shoes and knitwear for those who had the ability.

The last patients in Norway were in 1950. It is still leprosy in Asia and other places in the world, but since they have the medicine they can get perfectly healthy. In 1970 the St. Jørgens hospital opened as a museum.

We learned lots of new and interesting things about the disease. It sounds horrible and we are very glad that we have a treatment for it today, so that we can get well again.

Comparison of food habits

We compared the results of food habits from Spain, Norway, Germany and Italy. The first question, number 46 was "Who do you normally eat supper with?" Most of the Italian students eat supper together with their parents; Spanish students had the lowest percent of who were eating with their parents. In Italy and Germany the percent of eating supper with their mother was high and the lowest percent was in Norway.

The next question we compared was question number 50 which was "how often do you eat at fast food restaurants?" The Norwegian students eat most at fast food restaurants once in every two weeks; Spanish students eat the least at fast food restaurants instead. In all the countries, there is a difference between boys and girls, the boys eat at fast food restaurants more often than the girls.

The last question we compared was "do you usually eat up your meal?" The most general answer was: "No, I sometimes leave some food". The students in Norway were the ones who most often throw the food away.