

P3T Nutrition Resources

FEBRUARY 2025

STATISTICS

A 2019 study found a connection between the stress of parental deployment and disordered eating, indicating that military families should be considered at high risk for disordered eating and eating disorders. Waasdorp and colleagues found that 21% of adolescent military dependents met eating disorder screening criteria, a proportion nearly three times greater than their civilian peers (7–9%).

BOOK RESOURCES

- Secrets of Feeding a Healthy Family
by: Ellyn Satter
- Your Child's Weight Helping without Harming by: Ellyn Satter

WEBSITE RESOURCE

The Ellyn Satter Institute



VIDEO RESOURCES

- [Poodle Science](#)
- [Trust Your Hunger and Make Peace with Food](#)
- [Why dieting doesn't usually work](#)

PODCASTS

[10 Percent Happier - The Anti-Diet - Evelyn Tribole](#)