# Assessing Risk for Eating Disorders in Patients with Type 1 Diabetes
### *Screen for Early Eating Disorder Signs (SEEDS)*

Patients with type 1 diabetes are twice as likely to be diagnosed with an eating disorder as the general population. **Early Intervention improves prognosis** for those with both type 1 diabetes and an eating disorder (ED-DMT1).

Assess the risk of development of ED-DMT1 using *Screen for Early Eating Disorder Signs (SEEDS).*
Download the PDF from:
https://www.healthpartners.com/institute/centers/international-diabetes-center/idc-clinical-resources/

**Use SEEDS**

a) with all newly diagnosed patients with type 1 diabetes

b) at annual visits

c) at times when puzzling symptoms such as the following are present:

- Anxiety about being weighed in clinic
- Gastrointestinal concerns with no resolutions
- Large gaps between appointments
- Unexplained erratic blood sugars
- Increase in A1C and decrease in weight
- Wide fluctuations in blood glucose control for no reason
- Repeated hospitalizations for diabetic ketoacidosis

**How to Score SEEDS** Add the assigned numbers for each response to get a total score.

| | Low Risk | Moderate Risk | High Risk |
|---|---|---|---|
| Total Score | ≤ 68 | 69–84 | ≥ 85 |
| Recommended Action | At least annual SEEDS screening through adolescence and adulthood | Consider referral for eating disorder assessment. Repeat SEEDS screening annually and maintain open discussion at intervals within the year. | Referral for eating disorder assessment is highly recommended. If not diagnosed with ED-DMT1, repeat SEEDS screening annually. Maintain open discussion at intervals within each year. |

**To make a referral to Melrose Center call 952-993-5864**

**SEEDS Description** Researchers at Park Nicollet's International Diabetes Center and Melrose Center developed SEEDS to address the increased prevalence of eating disorders in persons with type 1 diabetes. The purpose of SEEDS is to identify those *at risk* of an eating disorder, before signs and symptoms are clearly present, so early interventions can be initiated to prevent or diminish an eating disorder. SEEDS is a brief (20-item; 2-5 minutes to complete), self-administered screen designed for use in clinical practice or research to identify or confirm suspicions of eating disorder risk. SEEDS includes items across three themes – Body Image, Feelings, and Quality of Life; it does not include weight-control behavior questions that could influence eating disorder development.

**Reference**
Powers, M.A., Richter, S.A., Ackard, D.M., & Craft C. (2016). Development and validation of the Screen for Early Eating Disorder Signs (SEEDS) in persons with type 1 diabetes. *Eating Disorders*, *24*(3), 271-288.
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