



PARTICIPANT HANDOUTS

CHAMPS Maternal Health 101

Office Hours:

Disordered Eating in Pregnancy

Thank you for attending today's office hours session. By doing so, you are strengthening the ability of your community-based and patient-directed health center to deliver comprehensive, high-quality primary health care services.

Facilitated by:

Karen Ruby Brown MSN, CNM, IBCLC, [Denver Health and Hospital Authority](#)

Live Event Date/Time:

Wednesday, July 29, 2026

12:00–12:30PM Mountain Time /1:00–1:30PM Central Time

CHAMPS Archives

This office hour is a follow-up to the June 17, 2026 Maternal Health 101 Workshop. The archive for that workshop is available at <https://champsonline.org/events-trainings/distance-learning/online-archived-champs-distance-learning-events>. This office hour session may also be archived online. If posted, the archive will be posted within two weeks of the live event and will be available for at least one year from the live presentation date.

Speaker Biography

Karen Ruby Brown MSN, CNM, IBCLC, MSCP has been a Certified Nurse Midwife since 2002, providing midwifery/OB-GYN care in a variety of settings including tertiary care teaching centers, community clinics and out of hospital settings. She earned her MSN in midwifery from Yale University and practiced for many years with the University of California San Diego Midwives before opening a private midwifery practice in San Diego. She later continued working in community health care in Colorado, including at Stride Community Health Center, and currently practices at Denver Health. As a past National Health Service Corps award recipient, she is passionate about expanding access to high-quality maternity care, as well as teaching and mentoring students and residents. Outside of work she is an adventurer, reader, singer, dog mom and human mom to two adult children on opposite coasts.

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MATERNAL HEALTH 101 OFFICE HOURS:

- July 1: Hypertensive Disorders of Pregnancy
- July 15: Pregnancy Loss & Maternal Loss
- **July 29: Disordered Eating in Pregnancy**

EATING DISORDERS IN PREGNANCY

July 29, 2026

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RECOGNITION: THINKING BEYOND BMI

- Eating disorders occur across the weight spectrum. Screen behaviors, not BMI.
 - Previous eating disorder
 - Hyperemesis gravidarum
 - Little or no weight gain over two consecutive prenatal visits
 - Dental enamel erosion or unexplained electrolyte abnormalities
 - Excessive exercise or rigid food rules
 - Depression or anxiety
 - Patient becomes distressed when discussing weight or weight gain

QUESTIONS TO ASK

- "How do you feel about the changes pregnancy is bringing to your body?"
- "How do you feel about being weighed?"
- "Has eating become more stressful during pregnancy?"
- "Do you ever restrict food, binge, purge, or over-exercise to manage your weight?"
- "Are there any foods you've eliminated or become afraid to eat during pregnancy?"

Clinical Pearl:

Patients often conceal eating disorders because of shame, guilt or fear of judgment.

HOW CAN WE HELP?

- Lead with curiosity, not judgment.
- Focus on **nutrition and fetal growth**, not the number on the scale.
- Normalize mixed feelings:
"Many people find pregnancy brings up complicated feelings about food and body changes."
- Respect patient preferences about seeing their weight when possible.
- Screen for depression and anxiety.
- Involve a multidisciplinary team early.

Clinical Pearl:

Poor weight gain should prompt a discussion about the baby's nutritional needs rather than emphasizing maternal weight alone.

TAKE HOME MESSAGES

1. Pregnancy is **not** protective.
 - Symptoms may improve—but relapse during the postpartum period is common.
2. Recovery is a team sport.
 - Clinician
 - Registered dietitian
 - Behavioral health
 - Pediatrician after delivery
3. You don't have to diagnose an eating disorder.
 - Recognize concerns, ask compassionate questions, and connect patients with resources

SCREENING TOOLS & RESOURCES

- SCOFF Questionnaire (anorexia nervosa, bulimia)
- BEDS-7 (binge eating disorder)
- EDE-Q (most useful for BH)
- UpToDate: *Eating Disorders in Pregnancy*
- ACOG Committee Opinion: *Gynecologic Care for Adolescents and Young Women With Eating Disorders*
- Academy for Eating Disorders (AED): Clinical guidance & education
- National Eating Disorders Association (NEDA): Screening, referral & patient education
- SAMHSA National Helpline (1-800-662-HELP) for treatment referrals

Thank you for joining us for the Maternal Health Office Hours!



To view the **event archive** of this and other past CHAMPS events, visit:

<http://champsonline.org/events-trainings/distance-learning/online-archived-champs-distance-learning-events>

To learn about other **upcoming CHAMPS events**, visit:

<http://champsonline.org/events-trainings/distance-learning/upcoming-live-distance-learning-events>

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