

# WHAT ARE EATING DISORDERS?

## GENERAL INFORMATION

Eating disorders are serious conditions that can affect your physical as well as your mental health. People with these conditions often struggling with issues surrounding food, eating, and their weight and shape. Some disorders include Anorexia, Bulimia, Binge-Eating, and Avoidant/Restrictive Food Intake Disorder (1).

## TYPES AND SYMPTOMS (1)

- Anorexia - Can include an unhealthy low body weight, intense fear of gaining weight, severely limiting calories, using extreme methods to control their weight.
- Bulimia - Involves episodes of bingeing, often followed by purging. Can also include severely limiting eating for different periods of time.
- Binge-Eating - Eating food in a short amount of time, feeling like there's no control. Often eating will continue past the person feeling uncomfortably full.

## SIGNS THAT MAY SUGGEST AN EATING DISORDER (1)

- Skipping meals / Making excuses to not eat
- Exercising more than average person (not taking rest days; skipping events to exercise)
- Frequent/ongoing worry or complaints revolving around being unhealthy or overweight
- Eating in secret
- Repeatedly eating large amounts of food



## HOW COMMON ARE EATING DISORDERS?

Eating disorders affect up to 5% of the population, most often affecting women between the ages of 12 and 35. These disorders most often develop in adolescence and can co-occur with other disorders such as anxiety (2).

## RESOURCES

- National Eating Disorders Association
  - <https://www.nationaleatingdisorders.org/>
- ANAD(National Association of Anorexia Nervosa and Associated Disorders
  - <https://anad.org/>

1) Mayo Clinic. (2023, March 28). *Eating Disorders*. <https://www.mayoclinic.org/diseases-conditions/eating-disorders/symptoms-causes/syc-20353603>

2) Guarda, A. (2023, February). *What are Eating Disorders?* American Psychiatric Association. [https://www.psychiatry.org/patients-families/eating-disorders/what-are-eating-disorders#section\\_8](https://www.psychiatry.org/patients-families/eating-disorders/what-are-eating-disorders#section_8)