

Eating Disorders

Are serious conditions related to consistent eating behaviors that negatively impact your health, emotions and ability to function in important areas of life.

Most eating disorders involve focusing too much on your weight, body shape and food, leading to dangerous eating behaviors. These behaviors can significantly impact your body's ability to get appropriate nutrition. Eating disorders can harm the heart, digestive system, bones, and teeth and mouth, and lead to other diseases.

In fact, eating disorders are the deadliest mental illnesses with nearly 1 person dying every hour as a direct result of an eating disorder.

This illness affects people of **EVERY** age, race, size, gender identity, sexual orientation and background. Statistics state that 20 million women and 10 million men will suffer from an eating disorder at some point in their life. In less than a decade, the rate of children under 12 being admitted to a hospital for eating disorders rose to 119 percent.

The three most common eating disorders are, Bulimia Nervosa, Binge Eating Disorder, Anorexia Nervosa.

EVERYBODY KNOWS SOMEBODY!

If you or someone you know is struggling with an eating disorder, please reach out to the resources below. Get the help needed and **SAVE A LIFE**

RESOURCES:

- **National Association of Anorexia Nervosa and Associated Eating Disorders (ANAD)**
<http://www.anad.org/>
CALL: (888) 375-7767
- **F.E.A.S.T (Family Empowered and Supporting Treatment of Eating Disorders)**
<https://www.feast-ed.org>
CALL: 1-855-50-FEAST
- **National Eating Disorder Associates (NEDA)**
<https://www.nationaleatingdisorders.org>
CALL: (800) 931-2237

Visit Eating Disorder Resource Center Website for More!

<https://edrcsv.org/>



Bulimia Nervosa



Bulimia nervosa affects those who have recurrent and frequent episodes of eating unusually large amounts of foods followed by purging (throwing up), fasting and/or excessive exercise. Unlike anorexia, when an individual is bulimic, they may be slightly underweight, normal weight or overweight.

Characteristics of bulimia nervosa include:

1. Over-thinking of self-image, body shape and/or weight.
2. Episodes of uncontrolled eating that occur at least two times a week for up to three months or longer.

Binge Eating



Binge eating disorder occurs when an individual repeatedly eats unusually large amounts of food in a short period of time. This behavior happens two times a week for six months or more. People living with binge eating disorder do not purge or use extreme weight loss strategies. After eating they may feel disgusted, distressed, ashamed or guilty over their behavior and/or physical appearance, which can fuel their depression.

Characteristics of binge eating disorder include:

1. Continuous weight gain.
2. Eating in secret and feeling of shame when a friend or loved one finds their food cache.
3. Intense satisfaction when eating, followed by remorse and mood swings.

Anorexia Nervosa



Anorexia has the HIGHEST mortality rate of ANY eating disorder

Includes behaviors like dieting, fasting, over exercising, taking diet pills, diuretics, laxatives and vomiting. Women outnumber the number of men affected by anorexia, drastically.

Characteristics of anorexia nervosa include:

1. Constantly expressing disdain for their body or how unsatisfied they are with the way they look, even if they are fit and toned.
2. Maintaining a bodyweight that is at least 15 percent below the national average for their age and height.
3. Missing at least three menstrual cycles consecutively.
4. Intense fear of gaining weight or appearing fat.