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Sources

National Eating Disorder Association

<http://www.nationaleatingdisorders.org/>

American Psychiatric Association

<http://www.psych.org>

Contact Us

Phone: [Telephone]

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EATING DISORDER'S

In the U.S. alone 24 million have some sort of eating disorder.

Here are the facts and how to help.

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EATING DISORDER'S

Eating disorders: What are they?

Eating disorders are complex life threatening conditions. They involve serious emotional and physical extremes about body weight, self-image and food issues.

Anorexia Nervosa: This includes self – starvation and refusal to eat and maintain healthy weight for one’s age, size and height. Generally involves an intense fear of being overweight despite excessive weight loss.

Bulimia Nervosa: Includes cycles of binge eating and purging. Binge eating is eating large amounts of food. Purging can include self – induced vomiting, use of laxatives, or over exercising.

Compulsive overeating: Can be characterized by eating large amounts of food in a short amount of time.

Warning signs

Has your friend lost or gained a significant amount of weight recently?

Does your friend avoid eating meals or snacks when you are together?

Does your friend talk about their size and shape frequently?

Does your friend weigh them self often?

If you answered yes to some of these questions your friend may be struggling with an eating disorder

35% of “normal dieters”
progress to pathological dieting
Of those, 20-25% progress to
partial or full -syndrome eating
disorders (Shisslak, Crago, & Estes, 1995).

Eating disorders are serious health conditions

For many an eating disorder can be a way to cope with or avoid events or feelings in life. Such as feeling inadequate, sad, and angry. For many this is the only way to feel in control of their life

How to help:

The most effective long lasting treatment for someone with an eating disorder is psychotherapy coupled with careful attention to medical needs.

Don’t wait until the situation to become too severe consider talking with your friend directly. Be caring, but firm, and be