



ED101

National Eating Disorders Association

What Are Eating Disorders?

- Real, life-threatening illnesses with potentially fatal consequences
- Involve extreme emotions, attitudes, and behaviors surrounding weight, food, and size
- Caused by a range of biological, psychological, and sociocultural factors

www.nationaleatingdisorders.org

Who Do Eating Disorders Affect?

- **Everyone.** People of all genders, ages, races, religions, ethnicities, sexual orientations, body shapes, and weights can be affected.
- It is estimated that **9% of the U.S. population**, or **28.8 million Americans**, will have an eating disorder in their lifetime.

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Biopsychosocial Disorders

An eating disorder is a **psychosocial disorder** -- a mental illness caused or influenced by life experiences and maladjusted cognitive and behavioral processes

Biological Factors

- Family history
- History of dieting
- Type one diabetes
- Genetic predisposition

Biopsychosocial Disorders

Psychological Factors

- Low self esteem
- Body image dissatisfaction
- Feelings of inadequacy
- Depression, anxiety, fear, or loneliness

Social Factors

- Cultural norms that overvalue appearance
- Drive for perceived ideal body type
- Historical trauma
- Weight stigma/bullying

9 Truths About Eating Disorders

- 1** Many people with eating disorders look healthy, yet may be extremely ill.
- 2** Families are not to blame, and can be the patients' and providers' best allies in treatment.
- 3** An eating disorder diagnosis is a health crisis that disrupts personal and family functioning.

9 Truths About Eating Disorders

- 4** Eating disorders are not choices, but serious biologically influenced illnesses.
- 5** Eating disorders affect people of all genders, ages, races, ethnicities, body shapes and weights, sexual orientations, and socioeconomic statuses.
- 6** Eating disorders carry an increased risk for both suicide and medical complications.

9 Truths About Eating Disorders

7 Genes and environment play important roles in the development of eating disorders.

8 Genes alone do not predict who will develop eating disorders.

9 Full recovery from an eating disorder is possible. Early detection and intervention are important.



EATING DISORDERS: AN OVERVIEW

WARNING SIGNS, SYMPTOMS & HEALTH CONSEQUENCES

Common Warning Signs

EMOTIONAL/BEHAVIORAL

- Weight loss, dieting, and control of food are primary concerns
- Food rituals
- Social withdrawal
- Frequent dieting, body checking
- Extreme mood swings

PHYSICAL

- Noticeable weight fluctuations
- Gastrointestinal complaints
- Dizziness upon standing
- Difficulty concentrating, sleeping
- Issues with dental, skin, hair, and nail health

DSM-5 Diagnoses

- Anorexia Nervosa (AN)
- Bulimia Nervosa (BN)
- Binge Eating Disorder (BED)
- Avoidant-Restrictive Food Intake Disorder (ARFID)
- Other Specified Feeding or Eating Disorder (OSFED)
- Eating disorders are complex and some eating issues will not meet diagnostic criteria. All must be taken seriously.

Co-Occurring Disorders

- High prevalence rates
- Can intensify eating disorders symptoms and impact treatment (recovery, level of care, drop-out)
- Most common comorbidities are:
 - Mood disorders
 - Anxiety disorders
 - Substance use
- Treatment should address co-existing conditions and eating disorders.

Health Consequences

- Cardiovascular (muscle loss, low or irregular heartbeat)
- Gastrointestinal (bloating, nausea, constipation)
- Neurological (difficulty concentrating, sleep apnea)
- Endocrine (hormonal changes – estrogen, testosterone, thyroid)



EATING DISORDERS: WHERE TO FIND HELP

SUPPORT & RESOURCES

Contact the NEDA Helpline



ONLINE CHAT at
myneda.org/helpline

Monday – Thursday 9am to 9pm ET
Friday 9am to 5pm ET



CALL (800) 931-223

Monday – Thursday 11am to 9pm ET
Friday 11am to 5pm ET

Translation services are available on the phone.

www.nationaleatingdisorders.org

Contact the NEDA Helpline



TEXT (800) 931-2237

Monday – Thursday 3pm to 6pm ET

Friday 1pm to 5pm ET

Standard text messaging rates may apply.

24/7 CRISIS SUPPORT
TEXT NEDA TO 741741

www.nationaleatingdisorders.org

Eating Disorder Screening Tool

- It is a tool that can help determine if it's time to seek professional help.
- Participants who screen as "at risk" will be directed to NEDA's Helpline and other other resources for support.

How much more or less do you feel you worry about your weight and body shape than other people your age?

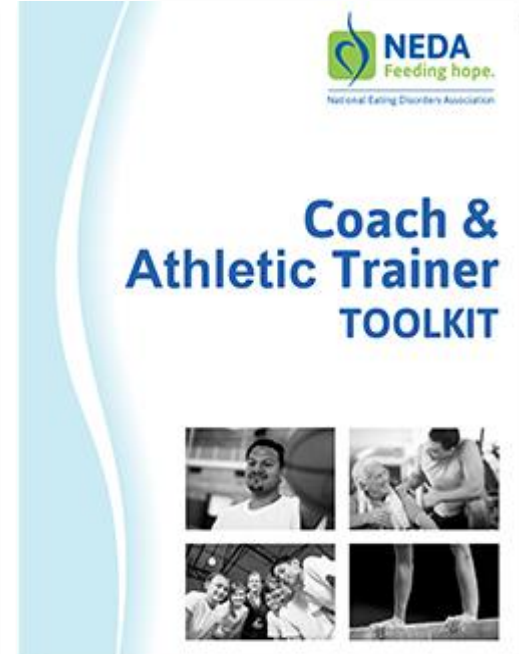
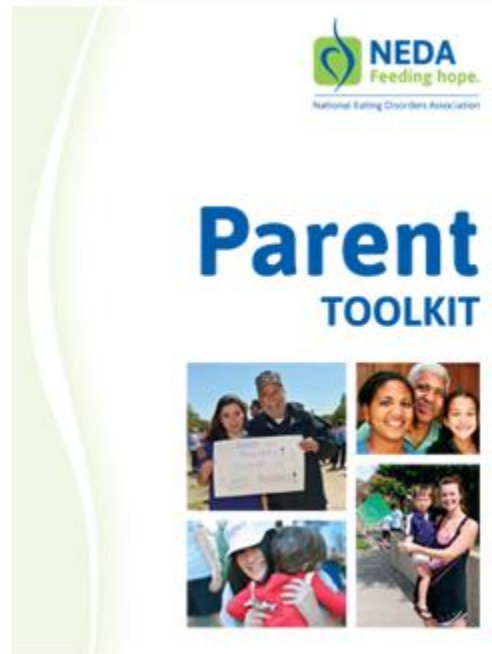
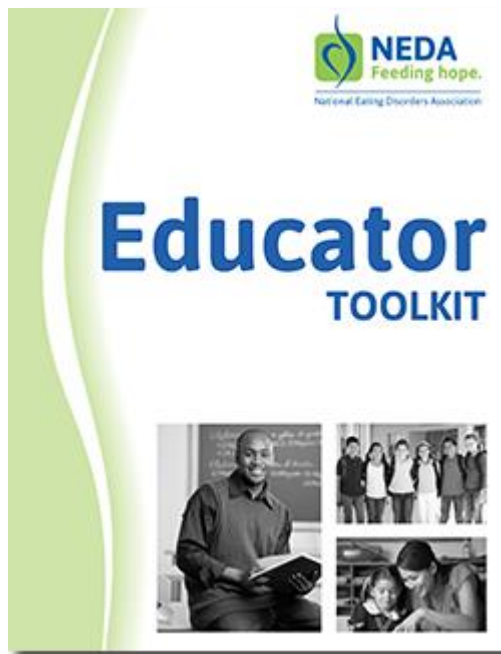
- I worry a lot less than other people
- I worry a little less than other people
- I worry about the same as other people
- I worry a little more than other people
- I worry a lot more than other people



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NEDA Toolkits



www.myneda.org/toolkits

www.nationaleatingdisorders.org

How to Help: What to Do

- **Learn** as much as you can about eating disorders.
- **Be honest** and vocal about your concerns.
- **Be caring and firm.**
- **Suggest seeking help** from a physician and/or therapist.
- **Be a good role model**, practice what you preach.

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How to Help: What NOT to Do

- **Place shame, blame, or guilt.**
- **Make rules or promises** that you cannot or will not uphold.
- **Give simple solutions.**
- **Invalidate** their experience or try to **convince** .
- **Give advice** about weight, exercise, or appearance.
- **Ignore or avoid** the situation until it is severe or life-threatening.

Talking about Eating Disorders

KEEP IN MIND

- Don't provide tips or play the numbers game.
- Emphasize the seriousness of eating disorders without portraying them as hopeless.
- Watch out for the appearance ideal.
- Don't focus on images or descriptions of the body at its unhealthiest point.

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Get Involved With NEDA!



NEDA Walks, Campus Warriors, Volunteer Opportunities and more!

LEARN MORE

www.nationaleatingdisorders.org

212-575-6200

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