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
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.
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

<table>
<thead>
<tr>
<th>Psychological Factors</th>
<th>Social Factors</th>
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<tr>
<td>• Low self esteem</td>
<td>• Cultural norms that overvalue appearance</td>
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<td>• Body image dissatisfaction</td>
<td>• Drive for perceived ideal body type</td>
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<tr>
<td>• Feelings of inadequacy</td>
<td>• Historical trauma</td>
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<td>• Depression, anxiety, fear, or loneliness</td>
<td>• Weight stigma/bullying</td>
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[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)
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.
Eating disorders are not choices, but serious biologically influenced illnesses.

Eating disorders affect people of all genders, ages, races, ethnicities, body shapes and weights, sexual orientations, and socioeconomic statuses.

Eating disorders carry an increased risk for both suicide and medical complications.
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

National Eating Disorders Association
# Common Warning Signs

<table>
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<tr>
<th><strong>EMOTIONAL/BEHAVIORAL</strong></th>
<th><strong>PHYSICAL</strong></th>
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<tr>
<td>Weight loss, dieting, and control of food are primary concerns</td>
<td>Noticeable weight fluctuations</td>
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<td>Food rituals</td>
<td>Gastrointestinal complaints</td>
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<tr>
<td>Social withdrawal</td>
<td>Dizziness upon standing</td>
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<td>Frequent dieting, body checking</td>
<td>Difficulty concentrating, sleeping</td>
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<td>Extreme mood swings</td>
<td>Issues with dental, skin, hair, and nail health</td>
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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

NEDA Feeding hope. National Eating Disorders Association
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
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
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.
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.

www.nationaleatingdisorders.org
Get Involved With NEDA!

NEDA Walks, Campus Warriors, Volunteer Opportunities and more!

LEARN MORE
www.nationaleatingdisorders.org
212-575-6200
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