

# Binge Eating Disorder

**Binge Eating Disorder (BED) is a type of eating disorder not otherwise specified and is characterized by recurrent binge eating without the regular use of compensatory measures to counter the binge eating.**

**Binge Eating Disorder** is characterized by:

- Frequent episodes of eating large quantities of food in short periods of time.
- Feeling out of control over eating behavior during the episode.
- Feeling depressed, guilty, or disgusted by the behavior.
- There are also several behavioral indicators of BED including eating when not hungry, eating alone because of embarrassment over quantities consumed, eating until uncomfortably full.

## **Health Consequences of Binge Eating Disorder:**

The health risks of BED are most commonly those associated with clinical obesity. Some of the potential health consequences of binge eating disorder include:

- High blood pressure
- High cholesterol levels
- Heart disease
- Diabetes mellitus
- Gallbladder disease
- Musculoskeletal problems

### **About Binge Eating Disorder:**

- The prevalence of BED is estimated to be approximately 1-5% of the general population.
- Binge eating disorder affects women slightly more often than men--estimates indicate that about 60% of people struggling with binge eating disorder are female, 40% are male
- People who struggle with binge eating disorder can be of normal or heavier than average weight.
- BED is often associated with symptoms of depression.
- People struggling with binge eating disorder often express distress, shame, and guilt over their eating behaviors.
- People with binge eating disorder report a lower quality of life than non-binge eating disorder.