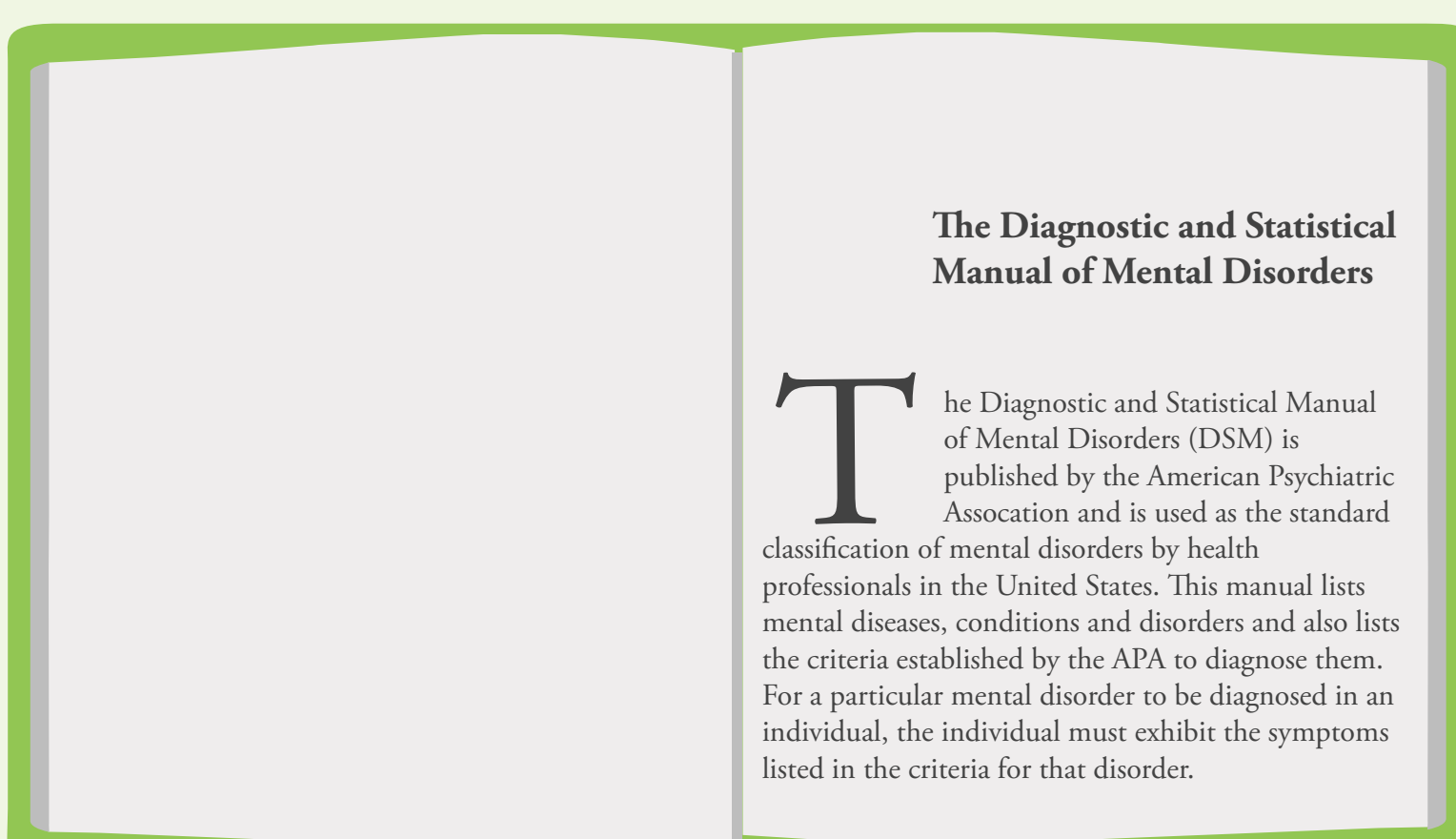


Binge Eating Disorder is added to the DSM-5

About the DSM



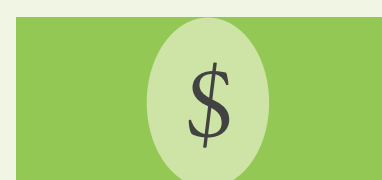
“Binge Eating Disorder is characterized by recurring episodes of eating significantly more food in a short period of time than most people would eat under similar circumstances, with episodes marked by feelings of lack of control. Someone with binge eating disorder may eat too quickly, even when he or she is not hungry. This disorder is associated with marked distress and occurs, on average, at least once a week over three months.”

American Psychiatric Association

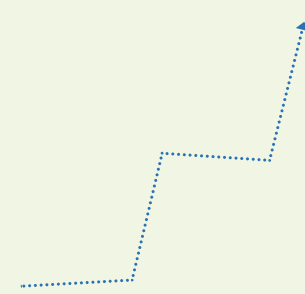


- 2013** Binge Eating Disorder (BED) was added to the DSM under its own diagnosis
- 1994** Binge eating can be diagnosed under the catch-all category Eating Disorder Not Otherwise Specified (EDNOS)
- 1987** Binge eating was first mentioned under the criteria of Bulimia
- 1952** Anorexia Nervosa was included in the first DSM

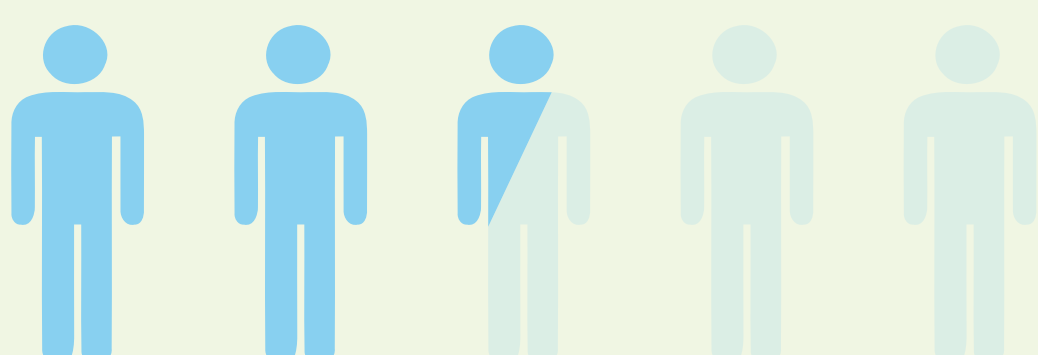
Why It Matters



Major insurance companies won't cover treatment without a DSM diagnosis



A DSM diagnosis leads to increased recognition by health professionals and individuals

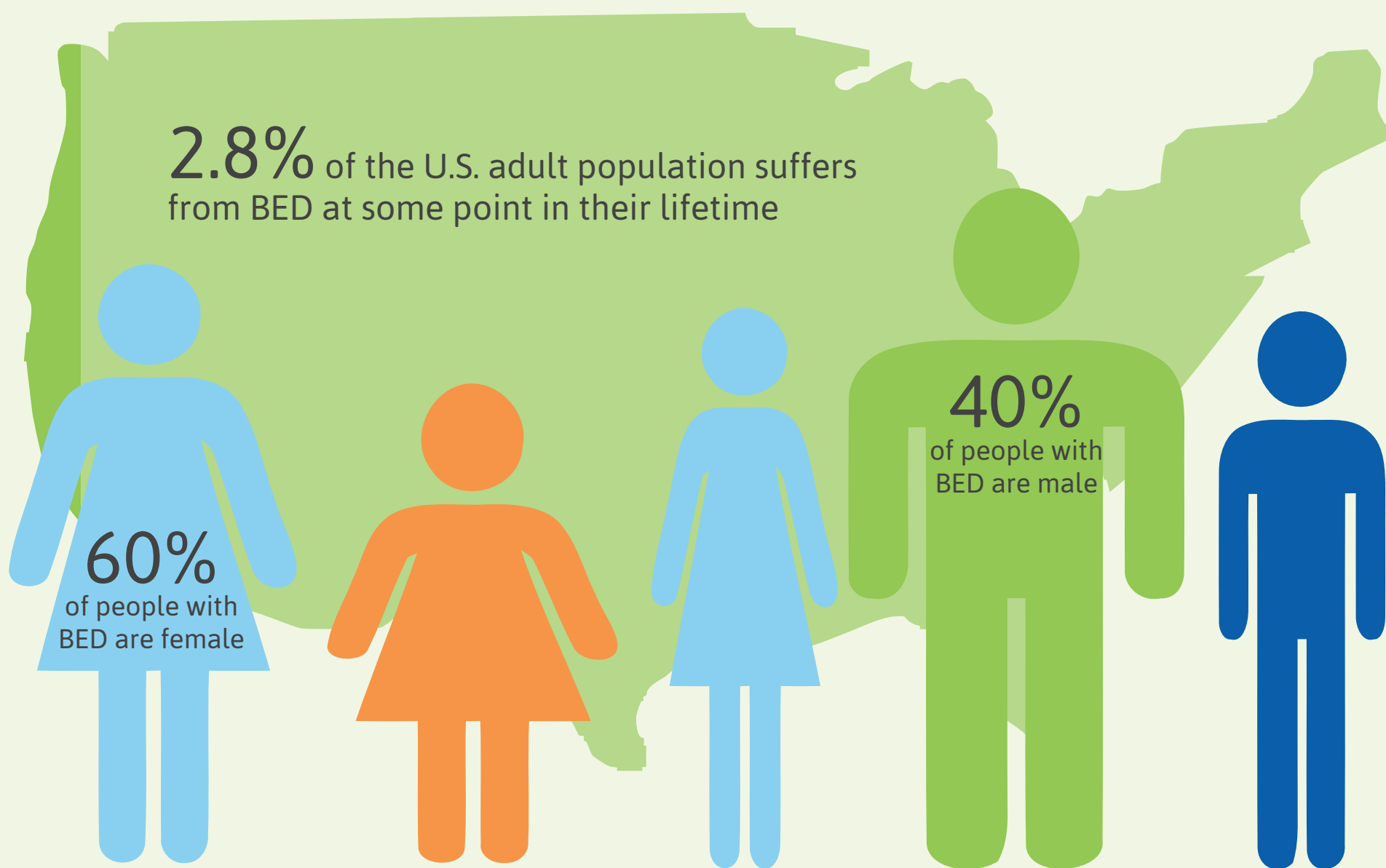


57% of people with BED never receive treatment, although BED is the most common type of eating disorder.



BED as a recognized disorder supports the need for more research

Binge Eating Affects People of All Shapes and Sizes



Rates of BED are comparable across racial and ethnic groups. BED affects people of every age, race and socio-economic status.



People who struggle with BED can be of normal or heavier than average weight

BED is often associated with symptoms of depression



Biological factors can make someone more susceptible to developing BED

It is common for people suffering to hide their behavior and eat in secret



How to Get Help

BED requires professional help from an eating disorder specialist for treatment.

Call the NEDA Helpline

Call our toll free, confidential Information and Referral Helpline at 1-800-931-2237 or click to chat with a trained Helpline volunteer at nationaleatingdisorders.org. Our trained Helpline volunteers are available Monday-Friday to offer support and referrals with compassion and understanding.

Get Support from a NEDA Navigator

NEDA Navigators are volunteers that have experience navigating the complex and overwhelming systems and emotions involved with the diagnosis and process of seeking help for an eating disorder. Volunteers are trained by NEDA staff and Clinical Advisors to be a knowledgeable, informal source of support and guidance to those who are new to the illness. To request a NEDA navigator, email pffnetwork@myneda.org.

