

The three most common eating disorders are anorexia nervosa (AN), bulimia nervosa (BN), and binge eating disorder (BED). Additional eating disorders include: avoidant/restrictive food intake disorder (ARFID), rumination disorder (RD), pica, other specified feeding or eating disorder (OSFED), and unspecified feeding or eating disorder (UFED).

Anyone can develop an eating disorder regardless of gender, age, race, ethnicity, culture, size, socioeconomic status, or sexual orientation. Food, exercise, and body image issues come in all shapes and sizes—everyone deserves the chance to get help.

Through increased awareness, early intervention, and improved access to treatment, we can confront these serious illnesses and provide those in need with essential programs and services.

## **NATIONAL EATING DISORDERS ASSOCIATION**

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For information, resources,  
and to get involved, visit:  
**[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)**

# **NATIONAL EATING DISORDERS ASSOCIATION**

## **WHO WE ARE**

The National Eating Disorders Association (NEDA) supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures, and access to quality care.

As the leading not-for-profit organization in the United States advocating on behalf of and supporting those affected by eating disorders, NEDA's lifesaving programs reach millions every year.

Eating disorders are not fads, phases, or lifestyle choices—they are real, complex medical and psychiatric illnesses that can have serious consequences for health, relationships, and overall quality of life.





# PROGRAMS & SERVICES

## LEARN

The **Feeding Hope Fund for Clinical Research** provides grants to clinical researchers focusing on innovative treatment, prevention, and training research.

**NEDAcon** brings together individuals and loved ones who are experiencing eating disorders or wanting to learn more about eating and body image issues. Our regional conferences are a great way to connect with others looking for information and support.

**NEDA Toolkits** provide accessible information and resources on a variety of issues surrounding eating disorders.

The **Body Project** is an early intervention program that provides tools and skills to confront unrealistic beauty ideals and develop healthy body image and self-esteem.

## FIND HELP AND SUPPORT

The **NEDA Information & Treatment Option Helpline** is a toll-free, confidential national helpline ([myneda.org/helpline](http://myneda.org/helpline)) that provides support, resources, and treatment options to those personally affected and their loved ones.

The **Online Eating Disorder Screening** ([myneda.org/screening-tool](http://myneda.org/screening-tool)) assesses warning signs of an eating disorder. This screening is not a replacement for clinical evaluation.

The **Parent, Family & Friends Network (PFN)** offers encouragement, support, and hope to those whose loved ones are struggling with an eating disorder.

## AWARENESS AND ADVOCACY

**NEDA Walks** unite communities and raise awareness and vital funds to support NEDA's programs and services.

**National Eating Disorders Awareness Week (#NEDAwareness)** provides information, resources, and messages promoting early intervention, hope, and recovery for the largest eating disorders outreach effort in the nation.

NEDA's **legislative and regulatory advocacy efforts** center on awareness, education, training, early intervention and prevention programs, funding for research, and improved access for the treatment of eating disorders. Our legislative and regulatory advocacy work is driven by passionate volunteers and government relations staff who encourage advancement and change through their work with legislators and regulators, grass roots, and alliances with groups who share our vision.

## DEVASTATING ILLNESSES WITH SERIOUS CONSEQUENCES.

Anorexia nervosa has the highest mortality rate of any mental illness.

Binge eating disorder has strong associations with depression, anxiety, guilt, and shame.

Bulimia nervosa can lead to electrolyte and chemical imbalances that affect the heart, possibly leading to heart failure.

## RECOVERY IS POSSIBLE. HELP IS AVAILABLE.

For information, resources, and to get involved, visit:  
[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

## CONTACT HELPLINE

Call or chat for resources and treatment options.

☎ 800-931-2237

💬 [nationaleatingdisorders.org/helplinechat](http://nationaleatingdisorders.org/helplinechat)

✉ [info@nationaleatingdisorders.org](mailto:info@nationaleatingdisorders.org)

📱 text '**NEDA**' to 741-741 for 24/7 crisis support

