

## ABOUT EATING DISORDERS

- Eating disorders are a group of serious conditions in which a person is so preoccupied with food and weight that he/she can often focus on little else. The main types of eating disorders are anorexia nervosa, bulimia nervosa and binge-eating disorder.
- Eating disorders can cause serious physical problems, and at their most severe can even be life-threatening. Most people with eating disorders are females, but males can also have eating disorders. An exception is binge-eating disorder, which appears to affect almost as many males as females.
- Treatments for eating disorders usually involve psychotherapy, nutrition education, family counseling, medications and hospitalization.

Source: The Mayo Clinic Staff  
<http://www.mayoclinic.com/health/eating-disorders/DS00294>

## Facts about eating disorders

- The average age of eating disorders is 17. In our culture of "thin is beautiful," children as young as eight years old can develop an eating disorder.
- As many as ten million females and one million males in the United States are fighting an eating disorder such as anorexia or bulimia, and millions more struggle with binge eating disorder. Many of these people die each year.

## Definitions of eating disorders

- Anorexia Nervosa is a serious, potentially life-threatening eating disorder characterized by self-starvation and excessive weight loss.
- Bulimia Nervosa is a serious, potentially life-threatening eating disorder characterized by a cycle of bingeing and compensatory behaviors such as self-induced vomiting designed to undo or compensate for the effects of binge eating.
- 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.

Source: National Eating Disorders Association  
[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

