

Eating Disorders

Awareness, Action, Hope



Did you know...

In the United States, as many as 10 million females and 1 million males are fighting a life and death battle with an eating disorder such as anorexia or bulimia. Approximately 25 million more are struggling with binge eating disorder.

Eating disorders such as anorexia, bulimia, and binge eating disorder are serious emotional and physical problems that can have a life-threatening outcome for females and males. Eating disorders can affect individuals of all race, age, class, & gender. Eating disorders have been present in children as young as three years old and in adults as old as ninety.

Eating Disorders can rise from a variety of potential causes and can create a cycle of physical and emotional harm.

Some factors that can contribute to eating disorders...

- Low self-esteem
- Feelings of inadequacy or lack of control in life
- Depression, anxiety, anger or loneliness
- Troubled relationships
- Difficulty expressing emotions or feelings
- History of being teased based on size or weight
- History of physical or sexual abuse
- Cultural pressures promoting "thinness" and a "perfect body"

Don't

- Let your body define who you are
- Judge others on the basis of your appearance, body size, or shape
- Forget that society changes its ideas of beauty over the years
- Be afraid to actually enjoy your body. It does not have to be something that you are stuck with

Do

- Accept that bodies come in a variety of shapes and sizes. This is what makes it interesting!
- Expect normal weekly and monthly changes in weight and shape
- Explore all the things you have to offer others: recognize your positive qualities
- Decide how you wish to spend your energy: pursuing the perfect image or enjoying the people and the positive in your life
- Appreciate yourself for all you are - everyone should respect and like themselves, enjoy playing and being active, and eat a variety of food

All eating disorders require professional help. Contact your primary care physician.

For more information or to find out about local resources for treatment, call the National Eating Disorders Association Information and Referral Helpline at (800) 931-2237 or visit www.nationaleatingdisorders.org.

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