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Eating Disorder Fact Sheet

**EATING DISORDERS** are characterized by extreme disturbances of eating behaviors such as eating too much, eating too little, or extreme distress about body weight or shape.

There are THREE types of **EATING DISORDERS**: Anorexia Nervosa, Bulimia Nervosa, and Binge-Eating Disorder.

**EATING DISORDERS** affect both females and males.

**EATING DISORDERS** affect all areas of a child or youth’s life (ex. home, work, school, and social life) and can lead to serious medical problems.

**CLINICAL SYMPTOMS**

Refusal to maintain healthy weight ---->

Bingeing ---------------------------------->

Purging ----------------------------------->

Fear of gaining weight------------------>

**WHAT DOES A PARENT/CAREGIVER SEE?**

Excessive dieting; skipping meals; lying about eating; refusal to maintain medically recommended weight guidelines; feeling cold a lot; becoming frail or emaciated; showing low energy (lethargy); developing brittle hair and nails

Eating unusually large quantities of food at one time; frequency eating until uncomfortably full; hiding large quantities of food or food wrappers

Regularly buying laxatives; diuretics and/or enemas; exercising excessively; excusing self to go to bathroom immediately after eating; chronically sore throat

Becoming obsessed with food, calories and/or weight control; weighing self frequently; only eating certain foods; avoiding foods they are not allergic to

Negative view of body weight or shape->

Amenorrhea (for Anorexia) ------------->

and previously enjoyed; eating only diet or low-fat foods; avoiding social activities that involve food

Complaining of feeling fat; reporting being intensely unhappy with body size or shape; youth’s view of self is highly influenced by body shape or size

Girls who have had periods do not have them anymore



