

## Key Features of Common Eating Disorders

### ANOREXIA NERVOSA

- Weight loss or lack of weight gain, when necessary
- Lack of recognition of seriousness of low body weight or lack of nourishment
- Fear of or resistance to restoring weight
- Inadequate food intake
- Unusual eating habits or rituals
- Vigorous, compulsive, or excessive exercise
- Distortion in perception of body size/shape

### BULIMIA NERVOSA

- Eating large amounts of food rapidly, often in secret, and feeling out of control with eating
- Compensation for eating through self-induced vomiting, laxatives, fasting, exercise, or other means
- Unusual eating habits or rituals
- Frequently absent after meals
- Fear of gaining weight
- Vigorous, compulsive, or excessive exercise
- Weight typically within or slightly above normal range

### BINGE EATING DISORDER

- Eating large amounts of food rapidly, often in secret, and feeling out of control with eating
- Eating when not hungry, feeling uncomfortably full, disgusted, depressed, and/or guilty about eating
- No regular compensatory behavior after overeating
- Weight frequently above normal range

### AVOIDANT/RESTRICTIVE FOOD INTAKE DISORDER

- Weight loss and nutritional deficiencies
- Failure to meet growth trajectories
- Emotional dysregulation and high anxiety around mealtimes
- Chronic abdominal pain lacking an apparent cause
- Fears or phobias around illness, choking, or vomiting
- Neutral or positive body image

Source: Diagnostic and Statistical Manual (DSM-5®), Fifth Edition, American Psychiatric Association, 2013. [www.dsm5.org](http://www.dsm5.org)

# Eating Disorder Care for the Whole Journey



## Worried About Someone Who Might Be Struggling?

The following questionnaire is a helpful tool to screen for disordered eating behaviors. **If the respondent answers “yes” to two or more questions, contact an eating disorder treatment specialist for a full assessment.**

### EATING DISORDER ASSESSMENT TOOL

- Do you worry about your weight and body shape more than other people?
- Do you avoid certain foods for reasons other than allergies or religious reasons?
- Are you often on a diet?
- Do you feel your weight is an important aspect of your identity?
- Are you fearful of gaining weight?
- Do you often feel out of control when you eat?
- Do you regularly eat what others may consider to be a large quantity of food at one time?
- Do you regularly eat until feeling uncomfortably full?
- Do you hide what you eat from others, or eat in secret?
- Do you often feel fat?
- Do you feel guilty or depressed after eating?
- Do you ever make yourself vomit (throw up) after eating?
- Do you use your insulin in ways not prescribed to manage your weight?
- Do you take any medication or supplements to compensate for eating or to give yourself permission to eat?
- Do you exercise for the sole purpose of weight control?
- Have people expressed concern about your relationship with food or your body?

The Emily Program, Veritas Collaborative, and Gather Behavioral Health offer a wide array of services at multiple locations to address difficulties with food, eating, and body image. We will work with the individual to determine the appropriate services and level of care to make recovery possible. **To refer a patient, contact us at (888) 364-5977.**



ACCANTO  
HEALTH



The Emily Program



VERITAS  
COLLABORATIVE



GATHER  
BEHAVIORAL HEALTH

# Levels of Care for Individuals with Eating Disorders

Recovery begins with the right treatment at the right time. At Accanto Health, we offer care for the whole journey with a full continuum of treatment options designed to meet clients where they are and support them every step of the way.



## Individualized, evidence-based care

We serve clients of all ages and genders, and customize treatment recommendations and care to each client's unique needs and circumstances.

Care recommendations incorporate:

- clinical expertise
- best-practice evidence
- client preferences and access to treatment

## Support at every level

Our integrated care model addresses all types of eating disorders and disordered eating at all stages.

With seamless transitions between levels of care, clients receive the support and resources they need to heal, no matter where they are on their recovery journey.

