

## What every provider should know about

# EATING DISORDERS



Anorexia Nervosa (AN), Bulimia Nervosa (BN), Binge Eating Disorder (BED), Avoidant/Restrictive Food Intake Disorder (ARFID), Other Specified Feeding or Eating Disorder (OSFED)



**1 in 5**

women struggle with an eating disorder or disordered eating

**90%**

of those are between ages **12-35**

Fewer than

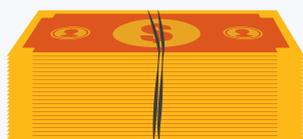
**40%**

get treatment



*Don't forget...*

Eating disorders ALSO affect over 30 million people of ALL ages, ethnicities and genders in the U.S.



**\$300 million is spent annually on hospital costs for ED complications that are avoidable with appropriate treatment**

Eating disorders have one of the **highest mortality rates** of any mental illness, second only to opioid use disorder



*Every 52 minutes, someone dies as a direct result of an eating disorder.*

**Comorbidity is common with eating disorders**



**EDs are often associated with:**

*Major depression/anxiety  
Panic disorder  
Substance use disorder  
Trauma  
Self-injury  
Suicidal ideation*



*Eating disorders are caused by a combination of **genetic, psychological, sociocultural** and **physiological** factors. Due to the complex nature of eating disorders, they are best treated by a multidisciplinary care team with areas of expertise that include **therapy, nutrition, medical, & psychiatry.***

**There is HOPE.**



**The sooner someone gets help, the better the outcome. Call The Emily Program at **1-888-364-5977** or find us online at **emilyprogram.com** to learn more or make a referral.**



**The Emily Program**

The eating disorder specialists

**When untreated, eating disorders often result in cardiac complications, depression, anxiety, osteoporosis, loss of quality of life and suicide. Watch for these signs:**

### Physical

- Rapid weight loss or gain
- Abdominal pain
- Feeling full or bloated
- Feeling faint, cold or tired
- Dry hair/skin
- Dehydration
- Blue hands/feet
- Lanugo (fine body hair)

### Behavioral

- Obsessed with clean/healthy eating
- Dieting or chaotic food intake
- Pretending to eat/throwing out food
- Excessive exercise
- Seeking muscularity
- Frequent bathroom trips
- Eating very quickly
- Loss of control with food

### Emotional

- Complaints about appearance, particularly about feeling fat
- Sadness or comments about feeling worthless
- Perfectionistic attitude
- Using food to manage emotions or "numb out"
- Isolation and mood changes

**These temperament traits, which typically vary by eating disorder type, are often present and sometimes heightened when people are ill:**

#### **Anorexia**

- Harm/risk avoidance
- Persistence
- Observant
- Obsessional
- Anxious
- Reward motivated
- Perfectionistic

#### **Bulimia / Binge Eating Disorder**

- Impulsive
- Novelty-seeking
- Quick-tempered/excitable
- Willing to take risks
- Seek stimulation
- Easily form emotional attachments

## When does it become an eating disorder?

*The most important questions to ask yourself are: Is there a **pattern** of behavior? Is there **preoccupation**? Is there **impairment**? Use the questionnaire below as a preliminary screening tool. Two or more "yes" answers strongly indicates the presence of disordered eating. **Call The Emily Program for an assessment at 1-888-364-5977 or visit [emilyprogram.com](http://emilyprogram.com).***

- 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 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?

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this quiz online:  
[emilyprogram.com/EDquiz](http://emilyprogram.com/EDquiz)