

Eating Disorders

are about feelings, not food.

Eating Disorders include a range of conditions that involve an obsession with food, weight and appearance to the degree that a person's health, relationships and daily activities are adversely affected. They are an attempt to use food intake and weight control to manage emotional conflicts that actually have little or nothing to do with food or weight. Eating disorders do not occur in an otherwise satisfied, productive, and emotionally healthy person. www.eatingdisorderfoundation.org

A study found that adolescent girls were more afraid of gaining weight than getting cancer, nuclear war or losing their parents.

Eating disorders have the highest mortality rate of all mental illnesses at approximately 18% in 20-year studies.

The average U.S. woman is 5'4" and 140 pounds. In contrast the average U.S. model is 5'11" and weighs 117 pounds.

A study found that 25% of Playboy centerfolds met the weight criteria for anorexia.

TYPES OF EATING DISORDERS

• **ANOREXIA NERVOSA** : self-starvation and excessive weight loss, an intense fear of weight gain, preoccupation with food, distorted perception of their body size and shape, and refusal to maintain a healthy weight.

• **BULIMIA NERVOSA**: frequent episodes of binge eating followed by purging or ridding the body of food by vomiting, use of laxatives and diuretics and/or compulsive exercise.

Source: American Anorexia Bulimia Association & Eating Disorders Awareness and Prevention

• **BINGE EATING DISORDER**: repeated episodes of uncontrolled eating, binging stops when person is uncomfortably full

• **EATING DISORDER NOT OTHERWISE SPECIFIED** is a category for disorders of eating that do not meet the criteria for any specific eating disorder. In EDNOS individual engages in some form of abnormal eating, but do not exhibit all the specific symptoms required to diagnose an eating disorder. Source: The U.S. Dept. of Health and Human Services Office on Women's Health

WHO HAS EATING DISORDERS?

- Approximately 1% of adolescent girls develop anorexia nervosa.
- Approximately 2-3% of young women develop bulimia nervosa.
- 2% of adults suffer from binge eating disorder.
- Some 90% of those with eating disorders are adolescent and young women.
- Men may constitute as many as 25% of those exhibiting binge eating disorders.
- Bulimia is as high as 15% in college aged women.
- Recent research indicated that of those who suffer from eating disorders:
 - 1 in 5 are poor
 - 1 in 4 are non-white
 - teenagers with asthma, attention deficit disorder, and other chronic illnesses are reported to experience eating disorders 2 to 4 times more often.

Source: Fact Sheet On Eating Disorders

CAMPUS RESOURCES FOR DISORDERED EATING

Beu Health Center—298-1888
University Counseling Center—298-2453
Women's Center—298-2242
Psych. Dept. Psychology Clinic—298-1919
McDonough District Hospital Behavioral Health Clinic—836-1582