

Eating Disorders

UNIVERSITY OF WISCONSIN-PARKSIDE

THERE IS AN ESTIMATE OF ABOUT 20 MILLION WOMEN AND 10 MILLION MEN IN AMERICA WITH AN EATING DISORDER

Eating disorders can affect anyone

ANOREXIA NERVOSA

Weight loss, difficulties maintaining appropriate weight for age and height, distorted body image.

WARNING SIGNS AND SYMPTOMS

- Dramatic weight loss
- Avoids mealtimes
- Need to "burn off" calories
- Excessive exercise regimen
- Intense fear of gaining weight
- Debies feeling hungry

Anorexia has the highest mortality rate of any mental illness



OTHER INFORMATION

- 50-80% of risk is genetic factors
- 33-50% also have a mood disorder
- About 50% also have an anxiety disorder
- Men represent 25% and are at a higher risk of dying

BULIMIA NERVOSA

a cycle of bingeing and compensatory behaviors such as self-induced vomiting designed to undo or compensate for the effects of binge eating

WARNING SIGNS AND SYMPTOMS

- frequent trips to the bathroom after meals
- uncomfortable eating around others
- Steals/hoards food in strange places
- excessive amounts of mouthwash, mints, and gum
- Extreme mood swings

1.5 percent of the US female population and 0.5 percent of the male population



OTHER INFORMATION

- 5% of women will have bulimia in their lifetime
- 1 in 10 also have a substance abuse disorder
- 1 in 10 people with bulimia get treatment