# PEER HEALTH EDUCATORS **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

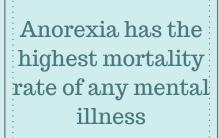
Eating disorders can affect anyone

# ANOREXIA NERVOSA

Weight loss, difficulties maintaining appropriate weight for age and height, distorded 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





#### 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

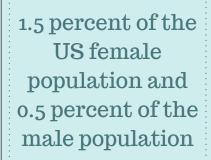
### **BULIMIA NERVOSA**

a cycle of bingeing and compensatory behaviors such as selfinduced 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







## 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