

# 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

# Binge Eating Disorder

Recurrent episodes of eating a large amount of food.

## WARNING SIGNS AND SYMPTOMS

- Avoids eating around other people
- Hoards food in strange places
- Fluctuations in weight
- Frequently trying new diets
- Feelings of low self-esteem, depression, guilt, disgust

It is the most common eating disorder in America



## OTHER INFORMATION

- It is three times more common than anorexia and bulimia combined
- About 40% of people with it are male
- It is more common than breast cancer, HIV, and Schizophrenia

# Pica

Eating substances that are not considered food.

## WARNING SIGNS AND SYMPTOMS

- Persistent eating of items that are not food for at least a month
- Can interfere with normal eating
- Can lead to infections
- Some examples are paper, soap, hair, string, soil, chalk, paint, and clay

4-26% of institutionalized individuals have pica



## OTHER INFORMATION

- Often occurs along with other mental health disorders
- Common causes are iron-deficiency and anemia
- Can affect anyone at any age or gender

## Other Eating Disorders:

Other Specified Feeding or Eating Disorder (OSFED)

Avoidant Restrictive Food Intake Disorder (ARFID)

Unspecified Feeding or Eating Disorder (UFED)

<https://www.uwp.edu/live/services/studenthealth/phe.cfm>



## References:

<https://www.nationaleatingdisorders.org/information-eating-disorder>

<https://www.nationaleatingdisorders.org/statistics-research-eating-disorders>

[https://bodymatters.com.au/wp-content/uploads/2015/01/DSM\\_V\\_Diagnostic\\_Criteria\\_for\\_Eating\\_Disorders.pdf](https://bodymatters.com.au/wp-content/uploads/2015/01/DSM_V_Diagnostic_Criteria_for_Eating_Disorders.pdf)