



Eating Disorders 101

www.nationaleatingdisorders.org

What Are Eating Disorders?

- Real, life-threatening mental and physical illnesses with potentially fatal consequences.¹
- Involve emotions, attitudes and behaviors surrounding weight, food, and size that severely impair functioning in major areas of life.²
- No single cause, but rather a combination of biological, psychological, and sociocultural factors that converge and set off an individual's predisposed genetic vulnerability.³



Who Do Eating Disorders Affect?

- **Everyone.** People of all genders, ages, races, religions, ethnicities, sexual orientations, body shapes, and weights can be affected.⁴
- It is estimated that **9% of the U.S. population, or 28.8 million Americans,** will have an eating disorder in their lifetime.³

Biopsychosocial Disorders



An eating disorder is a biopsychosocial disorder -- a mental illness caused or influenced by genetic, biological, environmental, and social elements

Biological Factors

- Family history of eating disorders or other mental health conditions.^{3,5}
- History of dieting⁶
- Type one diabetes⁷
- Genetic predisposition³

Psychological Factors

- Perfectionism^{8,9}
- Body image¹⁰ dissatisfaction
- History of mental health conditions¹¹
- Being inflexible or difficulty going back and forth between tasks¹⁴

Social Factors

- Weight stigma¹⁵
- Bullying/teasing¹⁶
- Cultural norms that overvalue appearance¹⁷
- Drive for perceived ideal body type¹⁷
- Historical trauma^{10,18}

9 Truths About Eating Disorders



- 1.** Many people with eating disorders look healthy, yet may be extremely ill.²
- 2.** Families are not to blame, and can be the patients' and providers' best allies in treatment.^{19,20,21}
- 3.** An eating disorder diagnosis is a health crisis that disrupts personal and family functioning.⁴

9 Truths About Eating Disorders



4. Eating disorders are not choices, but serious biologically influenced illnesses.^{4,22}
5. Eating disorders affect people of all genders, ages, races, ethnicities, body shapes and weights, sexual orientations, and socioeconomic statuses.^{3,4,23,24,25,26,27,28}
6. Eating disorders carry an increased risk for both suicide and medical complications.^{29,30,31}

9 Truths About Eating Disorders



7. Genes and environment play important roles in the development of eating disorders.^{3,4,10,32}
8. Genes alone do not predict who will develop eating disorders.³³
9. Full recovery from an eating disorder is possible. Early detection and intervention are important.^{4,20,33,34}

An Overview of Eating Disorders

**WARNING SIGNS, SYMPTOMS & HEALTH
CONSEQUENCES**



NEDA

Common Warning Signs



EMOTIONAL/BEHAVIORAL²

- Preoccupied with weight, shape and appearance
- Weight loss, dieting, and control of food are primary concerns
- Food rituals
- Social withdrawal
- Frequent dieting, body checking
- Extreme mood swings

PHYSICAL²

- Noticeable weight fluctuations, both up and down
- Gastrointestinal complaints
- Dizziness upon standing
- Difficulty concentrating, sleeping
- Issues with dental, skin, hair, and nail health

DSM-5 TR Diagnoses

- Anorexia Nervosa (AN)²
- Bulimia Nervosa (BN)²
- Binge Eating Disorder (BED)²
- Avoidant-Restrictive Food Intake Disorder (ARFID)²
- Other Specified Feeding or Eating Disorder (OSFED)²
- Unspecified feeding or eating disorder (UFED)²
- Eating disorders are complex and some eating issues will not meet diagnostic criteria. All must be taken seriously.^{36,37}

Co-Occurring Disorders

- High prevalence rates^{38,39,40}
- Most common comorbidities are:²
 - Mood disorders
 - Anxiety disorders
 - Substance use
- Can intensify eating disorders symptoms and impact treatment (recovery, level of care, drop-out)^{41,42}
- Treatment should address co-existing conditions and eating disorders²⁰

Health Consequences

- Cardiovascular (muscle loss, low or irregular heartbeat)²⁹
- Gastrointestinal (bloating, nausea, constipation)²⁹
- Neurological (difficulty concentrating, sleep apnea)²⁹
- Endocrine (hormonal changes – estrogen, testosterone, thyroid)²⁹
- Premature death^{41,43}

Where to Find Help

SUPPORT & RESOURCES



Resources



- To find an eating disorder treatment provider near you go to:
<https://www.nationaleatingdisorders.org/find-treatment/>
- To find free and low cost support options including support groups go to:
<https://www.nationaleatingdisorders.org/free-low-cost-support>

Eating Disorder Screening Tool

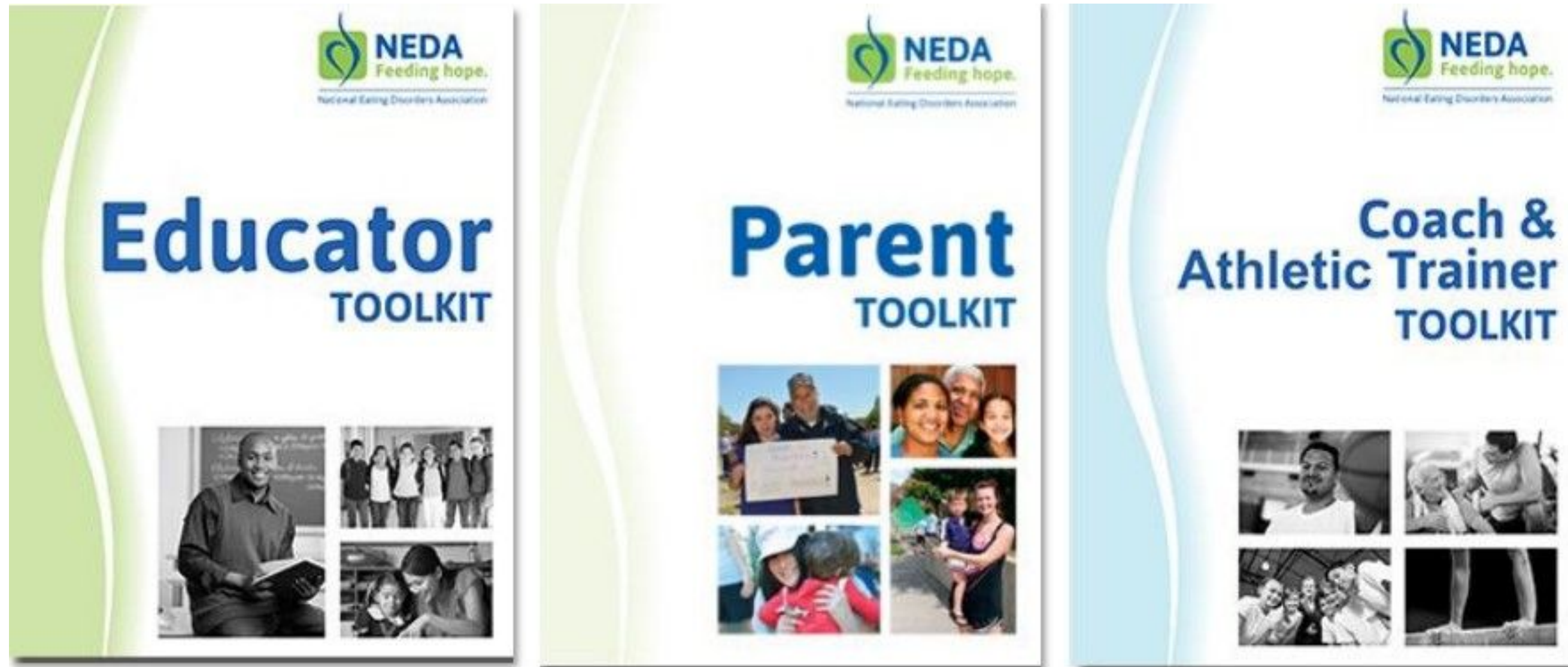


- It is a tool that can help determine if it's time to seek professional help.
- Participants who screen as "at risk" will be directed to resources for support.

How much more or less do you feel you worry about your weight and body shape than other people your age?

- I worry a lot less than other people
- I worry a little less than other people
- I worry about the same as other people
- I worry a little more than other people
- I worry a lot more than other people

NEDA Toolkits



<https://www.nationaleatingdisorders.org/toolkits>

How to Help: What to Do



- **Learn** as much as you can about eating disorders.
- **Be honest** and vocal about your concerns.
- **Be caring and firm.**
- **Be a good role model**, practice what you preach
- **Suggest seeking help** from a physician and/or therapist.

How to Help: What Not to Do



- **Place shame, blame, or guilt.**
- **Make rules or promises** that you cannot or will not uphold.
- **Give simple solutions.**
- **Invalidate** their experience or try to **convince**.
- **Give advice** about weight, exercise, or appearance
- **Ignore or avoid** the situation until it is severe or life threatening

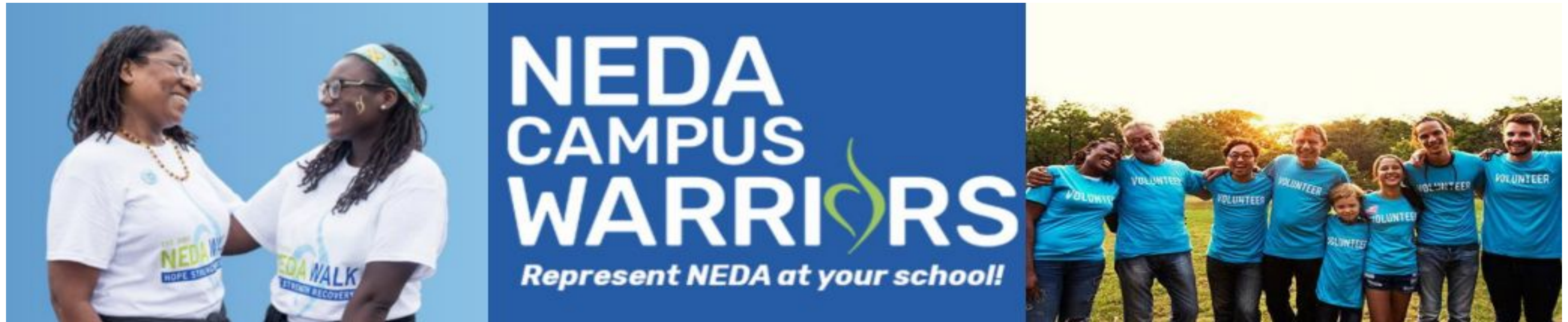
Talking about Eating Disorders



KEEP IN MIND

- Be prepared for negative reactions
- Taking the first step towards recovery is scary and challenging
- Make sure they get a medical check-up
- Join with the part of them that wants to get well
- Remind the person of why they want to get well

Get Involved With NEDA!



NEDA Walks, Campus Warriors, Volunteer Opportunities and more!

[Learn More](#)

www.nationaleatingdisorders.org

212-575-6200



References

- [1] Arcelus, Jon et al. "Mortality rates in patients with anorexia nervosa and other eating disorders. A meta-analysis of 36 studies." *Archives of general psychiatry* 68,7 (2011): 724-31. <https://doi.org/10.1001/archgenpsychiatry.2011.74>
- [2] American Psychiatric Association. (2022). *Diagnostic and statistical manual of mental disorders: DSM-5-TR*. American Psychiatric Association Publishing. <https://doi.org/10.1176/appi.books.9780890425787>
- [3] Deloitte Access Economics. *The Social and Economic Cost of Eating Disorders in the United States of America: A Report for the Strategic Training Initiative for the Prevention of Eating Disorders and the Academy for Eating Disorders*. June 2020. Available at: <https://www.hsph.harvard.edu/striped/report-economic-costs-of-eating-disorders/>
- [4] Schaumberg, K., Welch, E., Breithaupt, L., Hübel, C., Baker, J. H., Munn-Chernoff, M. A., Yilmaz, Z., Ehrlich, S., Mustelin, L., Ghaderi, A., Hardaway, A. J., Bulik-Sullivan, E. C., Hedman, A. M., Jangmo, A., Nilsson, I. A. K., Wiklund, C., Yao, S., Seidel, M., & Bulik, C. M. (2017). The Science Behind the Academy for Eating Disorders' Nine Truths About Eating Disorders. *European eating disorders review: the journal of the Eating Disorders Association*, 25(6), 432–450. <https://doi.org/10.1002/erv.2553>
- [5] Redgrave, G. W., Coughlin, J. W., Heinberg, L. J., & Guarda, A. S. (2007). First-degree relative history of alcoholism in eating disorder inpatients: relationship to eating and substance use psychopathology. *Eating behaviors*, 8(1), 15–22. <https://doi.org/10.1016/j.eatbeh.2006.01.005>
- [6] Hilbert, A., Pike, K. M., Goldschmidt, A. B., Wilfley, D. E., Fairburn, C. G., Dohm, F. A., Walsh, B. T., & Striegel Weissman, R. (2014). Risk factors across the eating disorders. *Psychiatry research*, 220(1-2), 500–506. <https://doi.org/10.1016/j.psychres.2014.05.054>
- [7] Corbett, T., S. J. (2020). Disordered eating and body image in adolescents with type 1 diabetes. *Diabetes Care for Children & Young People 9: DCCYP053*. Available at: <https://www.diabetesonthenet.com/wp-content/uploads/e61ab456c4e302c6539c5037e668519a-1.pdf>
- [8] Stackpole, R., Greene, D., Bills, E., & Egan, S. J. (2023). The association between eating disorders and perfectionism in adults: A systematic review and meta-analysis. *Eating behaviors*, 50, 101769. Advance online publication. <https://doi.org/10.1016/j.eatbeh.2023.101769>
- [9] Vicent, M., González, C., Quiles, M. J., & Sánchez-Meca, J. (2023). Perfectionism and binge eating association: a systematic review and meta-analysis. *Journal of eating disorders*, 11(1), 101. <https://doi.org/10.1186/s40337-023-00817-9>
- [10] Barakat, S., McLean, S. A., Bryant, E., Le, A., Marks, P., National Eating Disorder Research Consortium, Touyz, S., & Maguire, S. (2023). Risk factors for eating disorders: findings from a rapid review. *Journal of eating disorders*, 11(1), 8. <https://doi.org/10.1186/s40337-022-00717-4>
- [11] Zanella, E., & Lee, E. (2022). Integrative review on psychological and social risk and prevention factors of eating disorders including anorexia nervosa and bulimia nervosa: seven major theories. *Heliyon*, 8(11), e11422. <https://doi.org/10.1016/j.heliyon.2022.e11422>



References

- [12] Bahji, A., Mazhar, M. N., Hudson, C. C., Nadkarni, P., MacNeil, B. A., & Hawken, E. (2019). Prevalence of substance use disorder comorbidity among individuals with eating disorders: A systematic review and meta-analysis. *Psychiatry research*, 273, 58–66. <https://doi.org/10.1016/j.psychres.2019.01.007>
- [13] National Center on Addiction and Substance Abuse (CASA) at Columbia University. (2003). *Food for Thought: Substance Abuse and Eating Disorders*. New York, National Center on Addiction and Substance Abuse. Available at: <https://www.ojp.gov/ncjrs/virtual-library/abstracts/food-thought-substance-abuse-and-eating-disorders>
- [14] Steegers, C., Dieleman, G., Moskalenko, V., Santos, S., Hillegers, M., White, T., & Jansen, P. W. (2021). The longitudinal relationship between set-shifting at 4 years of age and eating disorder related features at 9 years of age in the general pediatric population. *The International journal of eating disorders*, 54(12), 2180–2191. <https://doi.org/10.1002/eat.23633>
- [15] Vartanian, L. R., & Porter, A. M. (2016). Weight stigma and eating behavior: A review of the literature. *Appetite*, 102, 3–14. <https://doi.org/10.1016/j.appet.2016.01.034>
- [16] Lie, S. Ø., Rø, Ø., & Bang, L. (2019). Is bullying and teasing associated with eating disorders? A systematic review and meta-analysis. *The International journal of eating disorders*, 52(5), 497–514. <https://doi.org/10.1002/eat.23035>
- [17] Culbert, K. M., Racine, S. E., & Klump, K. L. (2015). Research Review: What we have learned about the causes of eating disorders - a synthesis of sociocultural, psychological, and biological research. *Journal of child psychology and psychiatry, and allied disciplines*, 56(11), 1141–1164. <https://doi.org/10.1111/jcpp.12441>
- [18] Afifi, T. O., Sareen, J., Fortier, J., Taillieu, T., Turner, S., Cheung, K., & Henriksen, C. A. (2017). Child maltreatment and eating disorders among men and women in adulthood: Results from a nationally representative United States sample. *The International journal of eating disorders*, 50(11), 1281–1296. <https://doi.org/10.1002/eat.22783>
- [19] Bulik, C., & Academy for Eating Disorders. (2014). Nine truths about eating disorders. *Nine Truths About Eating Disorders - Academy for Eating Disorders*. <https://www.aedweb.org/resources/publications/nine-truths>
- [20] Crone, C., Anzia, D. J., Fochtmann, L. J., & Dahl, D. (2023). *The American Psychiatric Association practice guideline for the treatment of patients with eating disorders, Fourth Edition*. American Psychiatric Association. Available at: <https://psychiatryonline.org/doi/full/10.1176/appi.books.9780890424865.eatingdisorder0>. Accessed on 8/8/23.
- [21] Matheson, B., Datta, N., & Lock, J. (2023). Special report: Youth with eating disorders—time is of the essence in achieving remission. *Psychiatric News*, 58(02). <https://doi.org/10.1176/appi.pn.2023.02.2.16>
- [22] Hambleton, A., Pepin, G., Le, A., Maloney, D., National Eating Disorder Research Consortium, Touyz, S., & Maguire, S. (2022). Psychiatric and medical comorbidities of eating disorders: findings from a rapid review of the literature. *Journal of eating disorders*, 10(1), 132. <https://doi.org/10.1186/s40337-022-00654-2>
- [23] Mitchison, D., Mond, J., Bussey, K., Griffiths, S., Trompeter, N., Lonergan, A., Pike, K. M., Murray, S. B., Hay, P. (2019). DSM-5 full syndrome, other specified, and unspecified eating disorders in Australian adolescents: Prevalence and clinical significance. *Psychological Medicine*, 50(6), 981–990. <https://doi.org/10.1017/s0033291719000898>
- [24] Nagata, J. M., Ganson, K. T., & Austin, S. B. (2020). Emerging trends in eating disorders among sexual and gender minorities. *Current opinion in psychiatry*, 33(6), 562–567. <https://doi.org/10.1097/YCO.0000000000000645>



References

- [25] Diemer, E. W., Grant, J. D., Munn-Chernoff, M. A., Patterson, D. A., & Duncan, A. E. (2015). Gender Identity, Sexual Orientation, and Eating-Related Pathology in a National Sample of College Students. *The Journal of adolescent health : official publication of the Society for Adolescent Medicine*, 57(2), 144–149. <https://doi.org/10.1016/j.jadohealth.2015.03.003>
- [26] Kcomt, L., Gorey, K. M., Barrett, B. J., & McCabe, S. E. (2020). Healthcare avoidance due to anticipated discrimination among transgender people: A call to create trans-affirmative environments. *SSM - population health*, 11, 100608. <https://doi.org/10.1016/j.ssmph.2020.100608>
- [27] Mensinger, J. L., Granche, J. L., Cox, S. A., & Henretty, J. R. (2020). Sexual and gender minority individuals report higher rates of abuse and more severe eating disorder symptoms than cisgender heterosexual individuals at admission to eating disorder treatment. *International Journal of Eating Disorders*, 53(4), 541–554. <https://doi.org/10.1002/eat.23257>
- [28] Nagata, J. M., Chu, J., Cervantez, L., Ganson, K. T., Testa, A., Jackson, D. B., Murray, S. B., & Weiser, S. D. (2023). Food insecurity and binge-eating disorder in early adolescence. *International Journal of Eating Disorders*, 56(6), 1233–1239. <https://doi.org/10.1002/eat.23944>
- [29] Academy for Eating Disorders. (2021). AED Report 2021: *Medical Care Standards Guide. Medical Care Standards Guide - Academy for Eating Disorders (4th ed)*. Available at: <https://www.aedweb.org/publications/medical-care-standards>
- [30] Pisetsky, E. M., Thornton, L. M., Lichtenstein, P., Pedersen, N. L., & Bulik, C. M. (2013). Suicide attempts in women with eating disorders. *Journal of abnormal psychology*, 122(4), 1042–1056. <https://doi.org/10.1037/a0034902>
- [31] Smith, A. R., Zuromski, K. L., & Dodd, D. R. (2018). Eating disorders and suicidality: what we know, what we don't know, and suggestions for future research. *Current opinion in psychology*, 22, 63–67. <https://doi.org/10.1016/j.copsyc.2017.08.023>
- [32] Klump, K. L., Burt, S. A., McGue, M., & Iacono, W. G. (2007). Changes in genetic and environmental influences on disordered eating across adolescence: a longitudinal twin study. *Archives of general psychiatry*, 64(12), 1409–1415. <https://doi.org/10.1001/archpsyc.64.12.1409>
- [33] Culbert, K. M., Racine, S. E., & Klump, K. L. (2015). Research Review: What we have learned about the causes of eating disorders - a synthesis of sociocultural, psychological, and biological research. *Journal of child psychology and psychiatry, and allied disciplines*, 56(11), 1141–1164. <https://doi.org/10.1111/jcpp.12441>
- [34] Bachner-Melman, R., Lev-Ari, L., Zohar, A. H., & Lev, S. L. (2018). Can Recovery From an Eating Disorder Be Measured? Toward a Standardized Questionnaire. *Frontiers in psychology*, 9, 2456. <https://doi.org/10.3389/fpsyg.2018.02456>
- [35] Bardone-Cone, A. M., Hunt, R. A., & Watson, H. J. (2018). An Overview of Conceptualizations of Eating Disorder Recovery, Recent Findings, and Future Directions. *Current psychiatry reports*, 20(9), 79. <https://doi.org/10.1007/s11920-018-0932-9>
- [36] Pereira, R. F., & Alvarenga, M. (2007). Disordered eating: Identifying, treating, preventing, and differentiating it from eating disorders. *Diabetes Spectrum*, 20(3), 141–148. <https://doi.org/10.2337/diaspect.20.3.141>



References

- [37] Koreshe, E., Paxton, S., Miskovic-Wheatley, J., Bryant, E., Le, A., Maloney, D., National Eating Disorder Research Consortium, Touyz, S., & Maguire, S. (2023). Prevention and early intervention in eating disorders: findings from a rapid review. *Journal of eating disorders*, 11(1), 38. <https://doi.org/10.1186/s40337-023-00758-3>
- [38] Mandelli, L., Draghetti, S., Albert, U., De Ronchi, D., & Atti, A. R. (2020). Rates of comorbid obsessive-compulsive disorder in eating disorders: A meta-analysis of the literature. *Journal of affective disorders*, 277, 927–939. <https://doi.org/10.1016/j.jad.2020.09.003>
- [39] Hudson JI, Hiripi E, Pope HG, & Kessler RC (2007). The prevalence and correlates of eating disorders in the National Comorbidity Survey Replication. *Biological Psychiatry*, 61, 348–358. 10.1016/j.biopsych.2006.03.040
- [40] Swanson SA, Crow SJ, Le Grange D, Swendsen J, & Merikangas KR (2011). Prevalence and correlates of eating disorders in adolescents. Results from the national comorbidity survey replication adolescent supplement. *Archives of General Psychiatry*, 68, 714–723. 10.1001/archgenpsychiatry.2011.22
- [41] Mellentin, A. I., Mejldal, A., Guala, M. M., Støving, R. K., Eriksen, L. S., Stenager, E., & Skøt, L. (2022). The Impact of Alcohol and Other Substance Use Disorders on Mortality in Patients With Eating Disorders: A Nationwide Register-Based Retrospective Cohort Study. *The American journal of psychiatry*, 179(1), 46–57. <https://doi.org/10.1176/appi.ajp.2021.21030274>
- [42] Brewerton, T.D., Brady, K. (2014). *The Role of Stress, Trauma, and PTSD in the Etiology and Treatment of Eating Disorders, Addictions, and Substance Use Disorders*. In: Brewerton, T., Baker Dennis, A. (eds) *Eating Disorders, Addictions and Substance Use Disorders*. Springer, Berlin, Heidelberg. https://doi.org/10.1007/978-3-642-45378-6_17
- [43] Crow, S. J., Peterson, C. B., Swanson, S. A., Raymond, N. C., Specker, S., Eckert, E. D., & Mitchell, J. E. (2009). Increased mortality in bulimia nervosa and other eating disorders. *The American journal of psychiatry*, 166(12), 1342–1346. <https://doi.org/10.1176/appi.ajp.2009.09020247>



Thank
You