

Eating Disorder Fact Sheet

WHAT YOU NEED TO KNOW

What is an eating disorder?



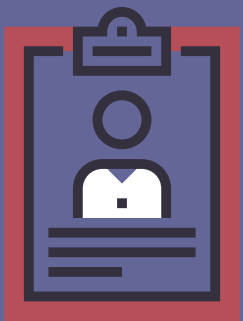
An unhealthy preoccupation with food, weight, or appearance that interferes with everyday life.



30 MILLION
Americans affected

- This includes anorexia nervosa, bulimia nervosa, binge eating disorder, orthorexia, diabulimia, "avoidant/restrictive food intake disorder" (ARFID), or "other specified feeding or eating disorder" (OSFED)
- Binge Eating Disorder is the most common - affecting three times as many people as anorexia and bulimia combined. It is **more common than breast cancer, HIV, or schizophrenia**.

- Eating disorders have the **highest mortality rate** of any psychiatric disorder
- **There is no eating disorder "look"** - most people affected are not underweight
- Eating disorders often occur **alongside** other mental health issues such as anxiety, depression, or substance abuse
- Eating disorders affect **ALL** races, ages, and socioeconomic statuses, without discrimination
- Many people struggle with **disordered eating or body image** without ever having a clinical diagnosis



- **Only 1 in 10** people affected receive the formal treatment they need
- BUT: people who get treatment are **4x more likely to recover** from their eating disorder
- Treatment **looks different for everyone** - it can include hospitalization, inpatient or outpatient treatment, psychiatrists, therapists and counselors, dietitians and nutritionists, primary care physicians, or support groups

A few signs and symptoms:

- **Social Isolation**, depression, anxiety
- Rapid or excessive **weight loss or gain**
- **Preoccupation** with weight, food, body image, or nutrition
- Eliminating foods from their diet; eating in secret; hiding food
- **Perfectionism** and difficulty setting personal limits
- **Distorted** body image
- Feeling **out of control** around food; purging; restricting food intake



Learn more about these facts at <https://www.nationaleatingdisorders.org/learn>

How we can help:



- Workshops and community presentations
- Drop-in **support** and open community hours
- **Support groups** - including groups for men, adolescents, people in recovery, binge eating, art journaling, LGBTQ+ people, family and friends, and more
- **Referrals** to treatment providers
- All services are **completely free of cost**

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303.322.3373

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1901 E 20th Ave.
Denver, CO 80205