

Action Update

February 22, 2010

National Eating Disorders Awareness Week

What are Eating Disorders?

According to the National Institute of Mental Health an eating disorder is marked by extremes. It is present when a person experiences severe disturbances in eating behavior, such as extreme reduction of food intake or extreme overeating, or feelings of extreme distress or concern about body weight or shape.

The two main types of eating disorders are anorexia nervosa and bulimia nervosa. Eating disorders frequently appear during adolescence or young adulthood, but some reports indicate that they can develop during childhood or later in adulthood. Women and girls are much more likely than males to develop an eating disorder. Men and boys account for an estimated 5 to 15 percent of patients with anorexia or bulimia and an estimated 35 percent of those with binge-eating disorder. Eating disorders are real, treatable medical illnesses with complex underlying psychological and biological causes. They frequently co-exist with other psychiatric disorders such as depression, substance abuse, or anxiety disorders.

- It is estimated that 8 million Americans have an eating disorder – seven million women and one million men.
- One in 200 American women suffers from anorexia and two to three in 100 American women suffers from bulimia.
- An estimated 10 – 15% of people with anorexia or bulimia are males.
- Only 1 in 10 people with eating disorders receive treatment.

For more information about eating disorders, please visit the National Institute of Mental Health at:

<http://www.nimh.nih.gov/health/publications/eating-disorders/complete-index.shtml>

Action: Learn more and talk to a young person about eating disorders.

Resources:

National Eating Disorders Association
<http://www.nationaleatingdisorders.org/>

Just One Thing
http://www.nationaleatingdisorders.org/uploads/file/Just_One_Thing_Final.pdf

www.OF-1-MIND.org

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