



Eating Disorders

What Everyone Should Know



AMERICAN
COLLEGE
HEALTH
ASSOCIATION

Eating disorders are complex, serious mental and physical illnesses that can affect anyone. While serious and sometimes even fatal, eating disorders are treatable with professional help.

What Causes Eating Disorders?

As with other mental health disorders, eating disorders may have many causes. These causes can include:

- Psychological or emotional problems.
- Low self-esteem.
- Troubled relationships.
- A history of being bullied or teased about weight or size.
- A family history of eating disorders.

Do I Have a Problem?

Answer Yes or No:

1. I constantly think about eating, weight, and body size.
2. I become anxious prior to eating.
3. I'm terrified of being overweight.
4. I like my stomach to be empty.
5. I have gone on eating binges during which I feel that I may not be able to stop.
6. I often feel bloated or uncomfortable after meals.
7. I spend a lot of time daydreaming about food.
8. I weigh myself several times each day.
9. I think about burning calories when I exercise, exercise too much, or get very rigid about my exercise plan.
10. I believe that being in control of food shows other people that I can control myself.
11. I have taken laxatives or forced myself to vomit after eating.
12. I eat diet foods.
13. I feel extremely guilty after eating.
14. I eat when I am nervous, anxious, lonely, or depressed.
15. I am preoccupied with the thought of having fat on my body.
16. Other people think I am too thin.
17. My menstrual cycle has changed.

Seeking Help

If you answered yes to any of the questions above, seek help from a counselor, health care provider, dietitian, or nutritionist, and check out some of the resources listed below.

For More Information

National Association of Anorexia Nervosa and Associated Disorders

Helpline: 630-577-1330

anadhelp@anad.org

www.anad.org

National Eating Disorders Association

Helpline: 800-931-2237

www.nationaleatingdisorders.org

National Institute of Mental Health

www.nimh.nih.gov

American College Health Association

(410) 859-1500 | www.acha.org

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