



Learning more about Eating Disorders

What are Eating Disorders?

Information resource by Freed

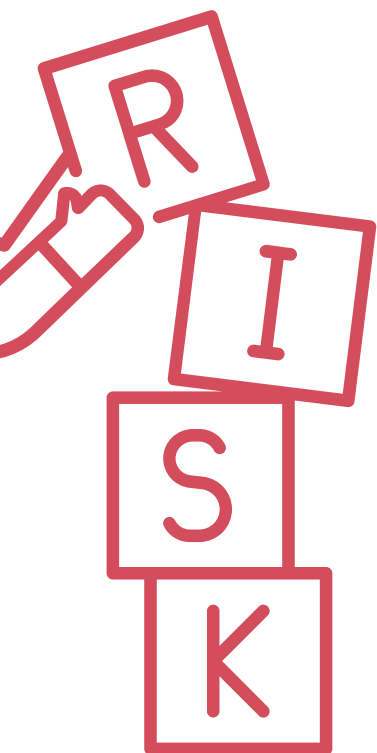
What are Eating Disorders?

Eating disorders are serious but treatable mental & physical illnesses that can impact anyone regardless of gender, age, body shape, weight, religion, and ethnicity. An eating disorder is marked by extremes; when a person experiences severe disturbances in eating behavior, such as bingeing, restriction, purging, preoccupation with food, and more. In India, while there is very little eating disorders-related research, the most common eating disorders are anorexia, bulimia, and binge eating disorders.

Risk Factors

Being aware of risk factors is a vital part of recognizing when you or a loved one could need help. Risk factors vary among people and so, even two people with the same eating disorder may have different symptoms and experiences.

That said, researchers have identified some common risk factors.



Biological

- Having a close relative with an eating disorder
- Having a close relative with a mental health condition
- A history of dieting
- Negative energy balance
- Type 1 (insulin-dependent) diabetes



Psychological

- Perfectionism
- Body image dissatisfaction
- Personal history of an anxiety disorder
- Behavioural inflexibility



Social

- Weight stigma
- Teasing or bullying
- Appearance image internalization
- Acculturation
- Limited social networks
- Historical trauma



What's important to know about Eating Disorders

- Eating disorders are medical illnesses
- Eating disorders can be serious and fatal
- Eating disorders can affect anyone
- You cannot tell if someone has an eating disorder just by looking at them
- One's loved ones can be their best allies in treatment and recovery
- Recovery from an eating disorder is possible

Recovery is possible.

Ask for help.



For information and resources on eating disorders.

Visit us at imfreed.org/get-help