

Eating Disorders Awareness

Eating Disorders Awareness Week

The National Eating Disorders Awareness Week is the last week of this month, February 25, 2019-March 3, 2019, and the theme is “Come As You Are.” It is sponsored by the National Eating Disorders Association (NEDA). Support Groups. See www.nationaleatingdisorders.org

Binge Eating Disorders

So what is a binge eating disorder? Symptoms include:

- Recurrent episodes of binge eating at least once a week for three months.
- Eating episodes involve eating rapidly, beyond being full, and in large amounts, even when not hungry.
- Distress over binge eating.
- The condition can range from mild to extreme.

Adapted from: Diagnostic and Statistical Manual of Mental Disorders 5th Edition.

Support Groups

If you think you may have a problem with a eating consider checking out Overeater’s Anonymous, a 12 step fellowship of men and women, seeking recovery from compulsive overeating. You may learn more about this valuable resource at one of the following websites: www.aa.org, www.avision4you.info

Did you know? When we think of eating disorders we typically think of teenage girls and anorexia. Eating disorders actually affect boys and girls, men and women, of all backgrounds, and at all stages of life. Medical attention, therapy and support groups may be needed to overcome them.

TEST YOUR KNOWLEDGE

Which of these is a symptom of Anorexia?

1. Restrictive eating
2. Vomiting
3. Weight Gain

Answer: 1

Which of these is a symptom of Bulimia?

1. Lack of control over eating
2. Misuse of laxatives
3. Binge eating and purging
4. Poor body image
5. All of the above

Answer: 5

Which of these is a symptom of a Binge Eating Disorder?

1. Excessive consumption of food 1 or more times per week for three months.
2. Rapid eating
3. Eating beyond feeling full
4. All of the above.

Answer: 4