

Eating Disorder Basic Information

What Everyone Should Know!

Quick Facts About Eating Disorders

- Individuals with eating disorders can look fine, yet be extremely ill.
- Eating disorders affect **ALL** age groups, genders, ethnicities, and individuals of all socioeconomic backgrounds.
- Eating disorders are a complex interplay between genetic predisposition, environmental influences, and stress/trauma
- Eating disorders are **NOT** choices and are not just about the food. They are much more complex than that and are a serious mental health concern.
- Dieting alters neurochemistry, and in the right individual, may trigger an eating disorder.
- BMI is **NOT** a good predictor of overall health. The Health at Every Size (HAES) paradigm suggests evaluating health based on many factors, and honoring size diversity.
- Full recovery from an eating disorder is **possible**. Early intervention and treatment bring the best possibility of permanent change. Ideally, treatment is by a team of specialized professionals.

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