

BE HAPPY AND HEALTHY...

Studies have shown that **5-10 million girls and women, and 1 million boys and men**, are struggling with eating disorders including anorexia, binge eating disorder, overeating and related conditions.



42% of 1st-3rd grade girls want to be thinner

80% of women are *dissatisfied* with their appearance

Most fashion models are **thinner than 98% of American women**

91% of women surveyed on a college campus had attempted to control their weight

95% of all dieters will regain their lost weight in 1-5 years



Are you dealing with disordered eating?

- Do you spend time wishing parts of your body looked different?
- Are you unhappy with your reflection in the mirror?
- Do you skip meals?
- Do you count the calories or fat grams in anything you eat?
- Do you exercise so much that you are fatigued or have frequent injuries?

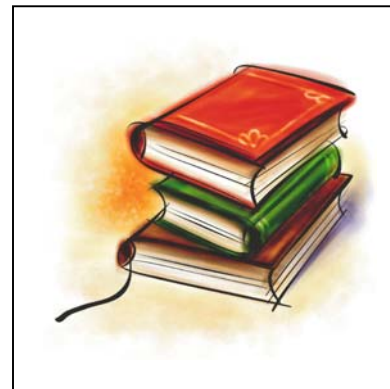
Disordered eating is when a person's attitudes about food, weight, and body size lead to very rigid eating and exercise habits that jeopardize one's health, happiness, and safety.

National Eating Disorders Association 1-800-931-2237

www.NationalEatingDisorders.org

What causes eating disorders?

- ✓ Stressful life situations accompanied by a lack of adequate coping skills
- ✓ Sensitivity to changes in life
- ✓ Sensitivity to separation from family
- ✓ Socio-cultural factors, messages about weight and appearance from the media
- ✓ Possible biological predisposition, genetics
- ✓ Family dynamics
- ✓ Trauma



St. Joseph Medical Center, The Center for Eating Disorders

www.sjmcmid.org/eatingdisorders

How to Talk About Disordered Eating...

You should not attempt to address your disordered eating alone.

1. Establish a Safe Environment – Identify someone that you trust and feel comfortable talking to. This may be a friend, teacher, parent, coach, or trainer.
2. Explain the Situation – Using specific details, explain the thoughts and feelings that you are having and the behaviors you have developed. Be patient and remain calm with the person you have chosen to confide in. It is normal for you to experience a range of feelings including fear, shame, anger, embarrassment, or nervousness.
3. Educate with the Facts – Let this person know how they can help and what you need, and keep them informed as your needs change throughout your recovery process.

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