

Eating Disorders Have No Body Type

- 28.8 million individuals experience an eating disorder during their lifetime
- 81% of 10-year-olds are afraid of getting fat
- up to 57% of adolescent girls attempt crash diets of diet pills
- However, less than 6% of people with eating disorders are diagnosed as "underweight"









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LIVING TO EAT





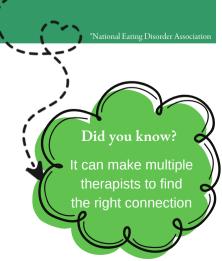
- Obsessive counting of calories
- Over-exercising
- Restrictive food regiments
- Feeling guilty after consumption of high calorie foods
- Distorted body image
- Development of abnormal or secretive food or eating habits



- For 13 years and older
- Inclusive for all genders
- Helps determine if it is time to get help
- Upon completion:
 - Offers helpline
 - Chat option
 - Links for developing and maintaining positive body image
 - Website link to search for therapists



- Professional
 - Cognitive Behavioral Therapy
 - Family-based therapy
 - o Group therapy
- Registered Dietitian
- NEDA Hotline
- NEDA chat
- Complementary and Alternative Medicine (CAM)
 - o Yoga
 - Meditation



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