



# LIVING TO EAT

## Not Eating to Live

### 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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## Signs and Symptoms

- 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

## NEDA\* Screening

- 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

\*National Eating Disorder Association

## Getting Help

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



## Did you know?

It can make multiple therapists to find the right connection

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