

LET'S TALK ABOUT

Eating Disorders

Eating disorders are the second highest deadly disease of any mental health disorder with opioids being the first. They can affect anyone of any shape, size, race, gender, sexuality, disability religion, and so on. They are, often, misunderstood and options to seek help are inaccessible.

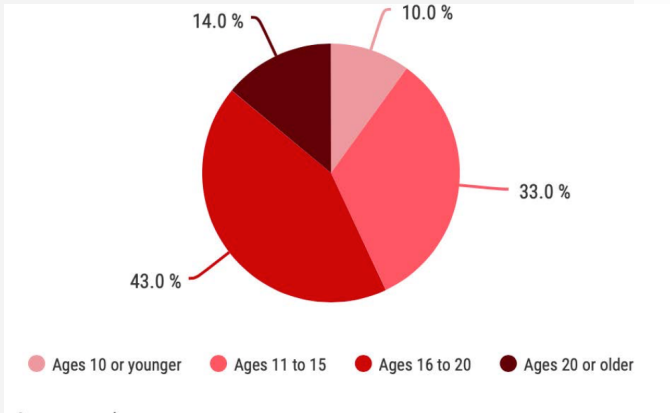
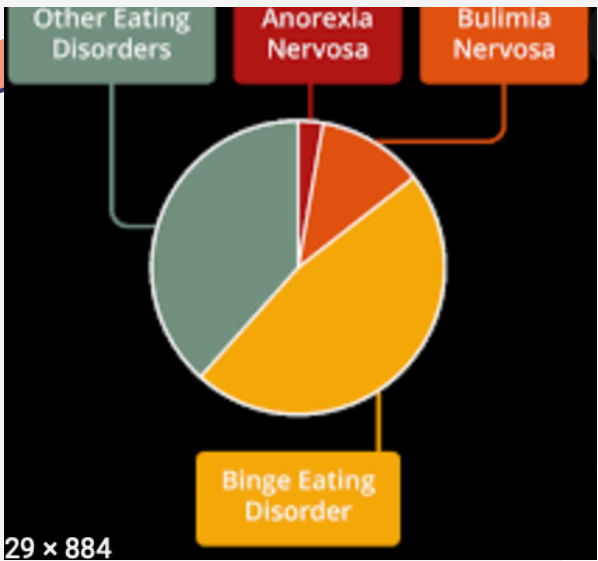
FACT CHECK #1

28.8 million people in the US will suffer from an eating disorder. A total of 20 million women and 10 million men suffer from eating disorders.

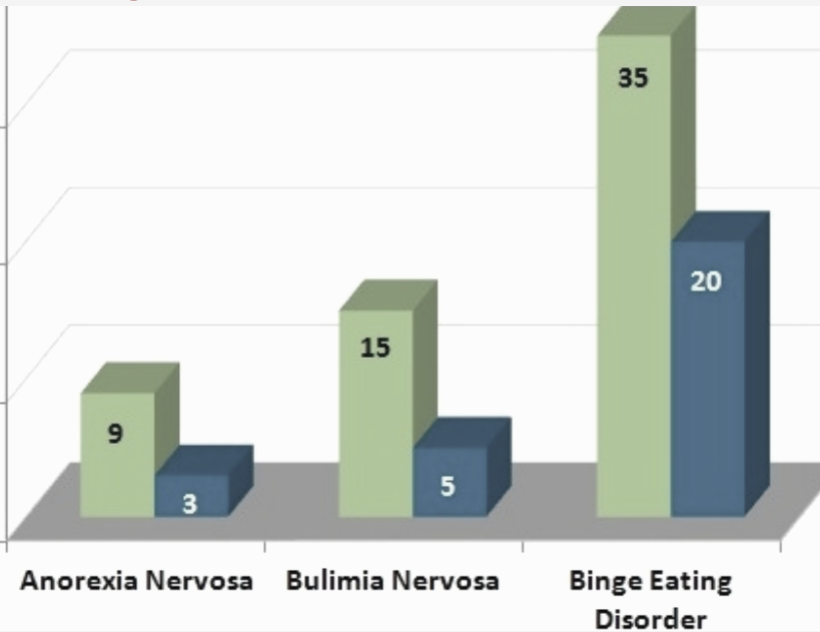


FACT CHECK #2

The 3 most types of eating disorders: anorexia, bulimia, and binge eating. 5% of men & 95% of women suffer from anorexia. 20% of men & 80% of women suffer from bulimia. 50% of men and women suffer from binge eating.



You can develop an eating disorder at any age, but it's most common to those who are 16–20 being at 43%. The least common age is 10 years or younger being at 10%.



The most common eating disorder is binge eating. People lose control over their eating habits, but they don't experience any purging. Symptoms can include: heart disease and high blood pressure with psychological symptoms such as guilt and shame.

FACT CHECK #3

Eating disorders are caused by multiple factors. Some include: social media (people often post the posing/edited versions vs the relaxed versions), BMI charts (all being physiologically inaccurate), food insecurity and food deserts food insecurity being uncomfortable around food or even nutrition labels and/or calories being a trigger. Food deserts are areas in which it's hard to find good, affordable, and quality foods. 54 million people experienced food insecurity in 2020 & 19 million in America live in a food desert.



Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Other Facts about Eating Disorders

Eating Disorders are hard to overcome, but they are treatable. NEDA is an organization whose mission is to help the people who are suffering and their families to offer services and quality care for recovery.



References

<https://www.nationaleatingdisorders.org/about-us/our-work>

Alexander, L., LaRosa, J., Bader, H., & Garfield, S. (2018) New Dimensions in Women's Health. 7th ed. Sudbury, MA: Jones & Bartlett.

<https://www.instagram.com/p/CUYEgrBvj2l/>

<https://www.therecoveryvillage.com/mental-health/eating-disorders/related/most-common-eating-disorders/>