



# Disordered Eating



## Types of Eating Disorders

- Anorexia: Individuals try to keep their weight as low as possible by not eating enough food or drink, or exercising too much, or both. Individuals often have a distorted image of their bodies.
- Bulimia: Individuals lose control over how much they eat and may involve binge eating. Individuals use unhealthy means to get rid of food and lose weight e.g. vomiting, using laxatives, extreme exercise.
- Binge Eating Disorder (BED): Individuals eat large portions of food until they feel uncomfortably full. These binges can be planned and often lead to feelings of shame.
- OSFED: Umbrella term for the above but experiencing varied symptoms.
- ARFID: Avoidance of certain foods due to taste, smell, texture, negative experience previously or lack of hunger or interest in food. This is not often linked to a negative view of their body.

It is important to note that someone does not have to be underweight to have an eating disorder. Eating disorders can affect anyone.

## Signs and Symptoms

- losing appetite
- eating when not hungry
- obsessing about their body (e.g. being too fat, or not muscly enough)
- eating only certain types of things or following fad diets
- being afraid of gaining weight
- dramatic weight loss or gain
- making themselves sick
- no longer enjoying eating socially or leaving the table quickly (to be sick or hide food)
- focusing on buying or cooking food for others
- feeling secretive about eating
- being secretive about/preoccupied with food
- being self-conscious about eating in front of others

## Signposting

- Beat – Eating Disorder charity that offers online support to CYP and families
- Eating Matters – Eating Disorder charity that offers low-cost counselling
- Young Minds – A resource to educate about eating disorders