

RISK FACTORS

BIOLOGICAL



- Having a close relative with an eating disorder or mental health condition

- History of dieting with development of binge eating

- Type 1 Diabetes:
1/4 of women with Type 1 diabetes develop an eating disorder



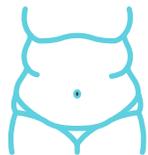
PSYCHOLOGICAL



- Body image dissatisfaction
- Inflexible Behavior

- Perfectionism
- Personal history of an anxiety disorder

SOCIAL



- Acculturation
- Believe in the socially-defined 'ideal body'

- Limited social networks
- Teasing or bullying
- Weight stigma

WARNING SIGNS

EMOTIONAL AND BEHAVIORAL



- Appears uncomfortable eating around others
- Extreme mood swings

- Food Rituals

- Preoccupation with weight, food, calories, carbohydrates, fat grams and dieting



- Withdrawal from usual friends and activities

PHYSICAL

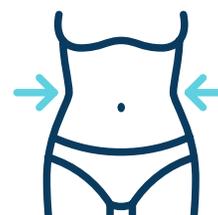
- Cuts and calluses across the tops of finger joints

- Dental problems

- Dizziness

- Menstrual irregularities

- Muscle weakness



- Noticeable weight fluctuations
- Poor wound healing

Eating disorders can lead to diseases such as **DIABETES, CANCER, ORGAN FAILURE AND DEATH.**



EARLY IDENTIFICATION AND TREATMENT

improves the speed of

recovery, reduces symptoms and improves the likelihood of staying free of the illness

nationaleatingdisorders.org

30 MILLION

Americans are currently living with an eating disorder



Walden Behavioral Care Eating Disorder Partnership

ECHN partners with Walden to provide both adult inpatient services, as well as adolescent and adult outpatient services to care for you or a loved one experiencing an eating disorder.

Learn more:

888.531.0242

echn.org/services/behavioral-health

TYPES OF EATING DISORDERS



- Anorexia nervosa
- Avoidant Restrictive Food Intake Disorder (ARFID)
- Binge eating disorder
- Bulimia nervosa

- Compulsive Exercise
- Laxative Abuse
- Orthorexia



- Other Specified Feeding or Eating Disorder (ODFED)
- Pica
- Rumination Disorder
- Unspecified Feeding or Eating Disorder

nationaleatingdisorders.org/



80%

OF PATIENTS

who receive and complete eating disorder treatment will recover or improve significantly

eatingrecoverycenter.com/conditions/eating-disorders/facts-statistics

Every **62 MINUTES** someone dies as a direct result of their eating disorder.

