

10 things to know about eating disorders

1. There are **5** types of eating disorders:

Anorexia Nervosa – Bulimia Nervosa – Binge Eating Disorder – Avoidant Restrictive Food Intake Disorder (ARFID) - Other Specified Feeding or Eating Disorder (OSFED)



2. Causes

Genetic and environmental risk factors play a part in causing eating disorders. **Eating disorders are not a choice.**

3. Gender

Eating disorders occur in males too.



4. Do you know?

1 in 3 Irish teenagers are dissatisfied with their body shape or size.

More than 1 in 20 people in Ireland will develop an eating disorder. Most will start before the age of 25



5. Eating disorders can occur in:

All ages, genders, races, cultures, ethnic groups, nationalities, weights and shapes.

Young women, athletes and people with family history of eating disorders are at higher risk.



6. Both mind and body are affected

- Not eating enough has the same effect as starvation on thinking and on emotions.
- People of low weight, normal weight and high weight can have eating disorders.
- Many people with eating disorders experience low mood and anxiety.



8. Recovery

With effective, early treatment, most people will make a good recovery

- Support from family and friends is important
- Treatment involves physical and psychological care



9. Getting help

International research has found that:

Fewer than 1 in 3 people with eating disorders receive treatment for their eating disorder.

Fewer than 1 in 2 people with eating disorders seek help for their eating disorder.



10. Tips for talking to someone about their eating disorder

- Listen to their story to understand them
- Avoid commenting on appearance or weight
- Remember, it is a condition they have, not who they are



If you are worried or concerned about an eating disorder, please contact your GP for further advice.