

Anorexia

What is it?

Anorexia is a type of eating disorder with the following criteria:

- ❑ Restriction of food/calories
- ❑ Significantly low body weight
- ❑ Fear of gaining weight
- ❑ Denial of the need to gain weight / distorted body image



What are the signs?

- ❑ Extreme weight loss
- ❑ Counting calories or weighing food
- ❑ Refusal to eat certain types of food
- ❑ Constantly weighing oneself
- ❑ Denying hunger, even when hungry
- ❑ Skipping meals
- ❑ Making excuses not to eat
- ❑ Avoiding situations with food
- ❑ Difficulty concentrating
- ❑ Chewing and spitting out food
- ❑ Obsessing over body size
- ❑ Adopting food rituals such as cutting food into tiny pieces
- ❑ Seeing certain types of food as “good”, “bad”, or “safe”

Who has it?

- ❑ Anyone can have anorexia: males and females of all ages and cultures
- ❑ Anorexia typically begins in adolescence
- ❑ You do not need to be underweight to have anorexia

Why get help?

- ❑ The long-term effects of anorexia can include depression, social isolation, brain damage, organ and heart damage, infertility, suicide, and death
- ❑ Anorexia has the highest death rate of all mental illnesses
- ❑ Without treatment, up to 20% of people with eating disorders die